GLAMOUR

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AUGUST 2015



The SEX secret 70% of you are keeping

Blake Lively
At home with Ryan

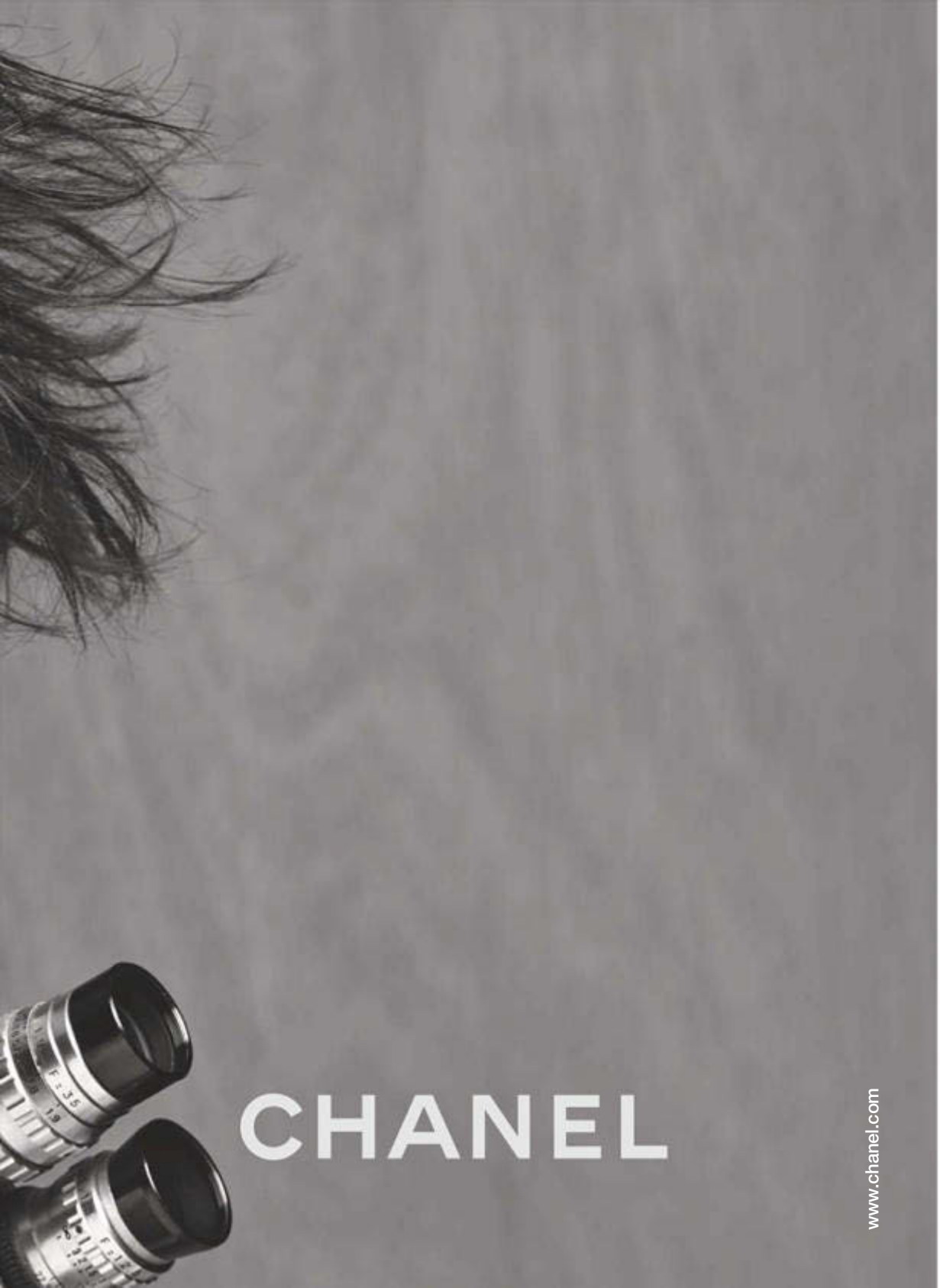
"They said, 'Let him die'" Then something incredible happened

WIN!
7 minutes with
£7000
in TOPSHOP
(seriously)

514
STYLE UPDATES
The accessories edit is in
(You always need new shoes, right?)

Channing Tatum talks balls (his)




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GLAMOUR
August 2015

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Go bright

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£7k of Topshop swag
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ALEXA * CHUNG FOR AG

FALL 2015

agjeans.com

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WIN the cover look



ON THE COVER
Photograph by **Mario Testino**
Fashion Editor **Paul Cavaco**
Hair **Orlando Pita of Orlo Salon**
Make-up **Charlotte Tilbury**
Manicure **Gina Viviano**
Shirt **Jil Sander**



Make-up

Get Blake's pretty look, courtesy of L'Oréal Paris. One reader will win: **Color Riche Lipstick in Beige A Nu; True Match Foundation; Color Riche Nail in Peach Neglige; Color Riche Nail Snow in Megeve; False Lash Superstar Mascara; Lip Liner Couture by Color Riche in 302**



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How to enter For your chance to win, simply answer this question: **Who hosted this year's GLAMOUR Women of the Year Awards?** Text GLAMOUR followed by your answer, name and email address to **83149**†. Winner(s) will be selected at random after the closing date of **August 9, 2015** and will be notified within 28 days of the closing date. Open to UK resident readers of GLAMOUR aged 18 or over on the date of entry, except for employees of Condé Nast Publications Ltd, participating/associated companies and promotional agencies, contributors to GLAMOUR and the families of any of the above. For full terms and conditions, see glamourmagazine.co.uk/termsandconditions

†Texts will be charged at £1 plus your usual rate.
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Still lifes: Sudhir Pithwa

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Women = comedy gold

At the GLAMOUR Women of the Year Awards, actor and comedian Kevin Bishop summed it up for me: "It annoys me when people say women aren't funny. That's bullshit. They just never had the platform to be funny." To be honest, I'm not sure in this case if 'funny' covers it: freaking hilarious is closer. I don't think anyone who was in that room will need to do a stomach crunch for six months. Our insides are worked out real good.

The tone was set immediately by our host, the peerless Claudia Winkleman in full Winkleman mode – off-the-cuff, brilliant one-liners that always tread the line just the right side of mad. Even her demonstration of the voiceover skills she lends to the TV ads for Next (our wonderful sponsors) had the room in stitches. She's just one of those people who can read the phone book out loud and make you die laughing. Claudia is also someone who never ever goes for the cruel laugh – if she's going to score a joke at anyone's expense, it's always hers.



"A new internet meltdown moment was born"

Her amazing opener was followed swiftly by Columnist of the Year, Caitlin Moran, who accepted her award with a wonderfully funny and filthy speech. Honestly, I can't write here what she said, but I will never look at a radio the same way, ever, ever again (see GLAMOUR.com). And thanks to her, every winner knew they could just have FUN. And so we did. One of my favourites was our Writer of the Year, a deadpan Paula Hawkins: "As a writer, I'm used to being one of the least glamorous people in the room. But this is taking the piss."

But the night really belonged to the best of the old and new guard of comedy genius, when Jennifer Saunders presented Amy Schumer with her Trailblazer award. Jennifer was, of course, on cracking form. When she was reading out Amy's talents, she suddenly said, "Is this about ME? Cos honestly, I'd be *furious*, because there's a lot of young people out there doing some great work."

And then – eat your heart out, Kim's bum – a new internet meltdown moment was born. Amy Schumer was already on her way to becoming a new comedy legend, and she cemented the title at the GLAMOUR Awards. Even if you've already seen it, look again (search GLAMOUR on YouTube). It doesn't get any less funny, even at my 200th viewing. From the opening, "I weigh 160lb and I can catch a dick any time I want" to much, much filthier jokes about women's magazines and photo shoots – it's a defining moment in comedy history. Fact.

But you and I both know: every woman is funny. My friends are my friends because they all have me in stitches, and particularly when I need it most. We all know you can't stay a sane woman if you don't have that most precious of survival skills: a sense of humour. You know what the funniest joke is? That in the face of so many brilliant, beloved funny women – Amy, Tina Fey, French and Saunders, Amy Poehler, Miranda Hart, Julia Louis-Dreyfus, Sarah Millican and Julie Walters, to name just a small few – this ridiculous 'women aren't funny' statement still gets any airtime.

The GLAMOUR Awards yet again showed that women really do rock. And funny women totally rule.

Enjoy the issue,



Jo Elvin, Editor



contact me at: editor@glamourmagazine.co.uk

{ Follow me on Twitter at Twitter.com/jo_elvin and Instagram @joelvinglamour. Tweet us at @GlamourMagUK }

Photographs: James McCauley, Rex Features

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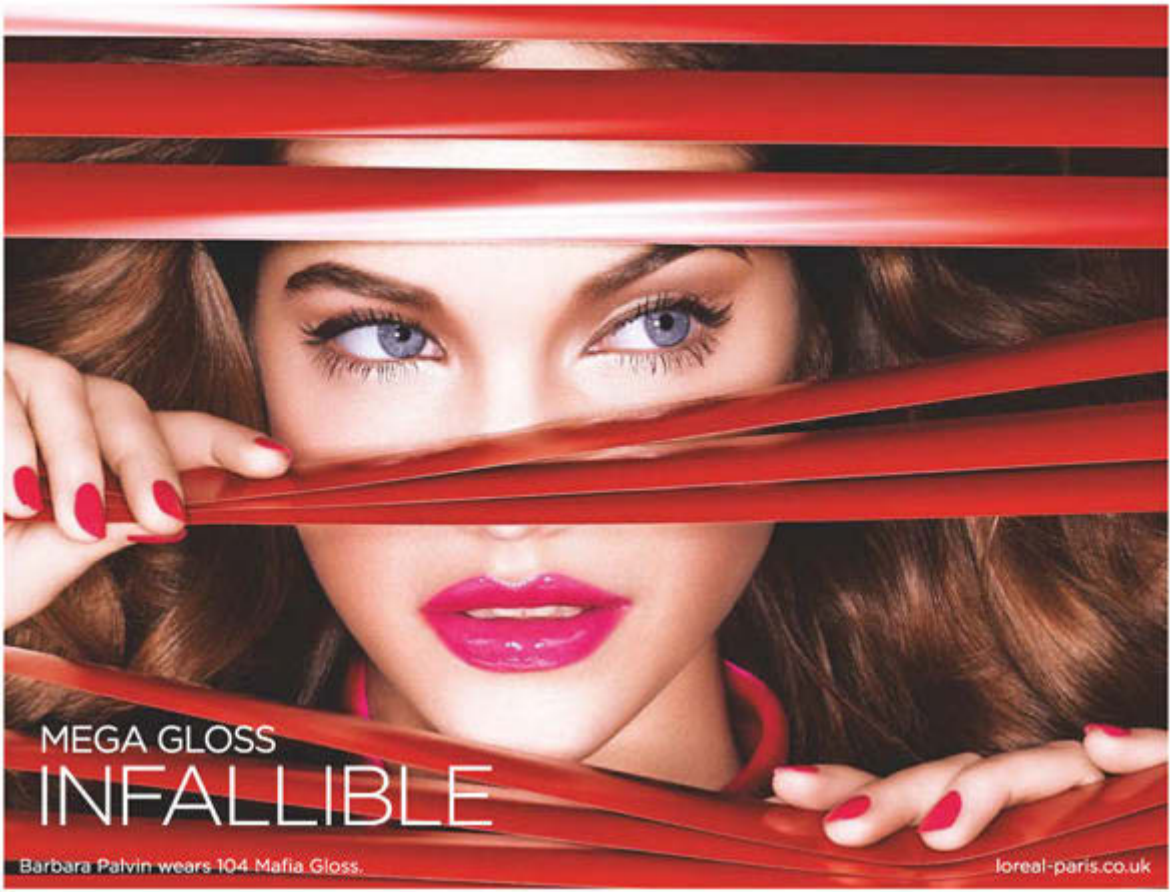
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Our guest editor Tweeted and Instagrammed to share her excitement about the special issue

"My scars show my strength"



Thank you for your feature *The Decision No Woman Wants To Make*. Last year, aged 32, I was diagnosed with breast cancer. I had a lumpectomy, chemotherapy and, after finding out I have the BRCA1 gene fault, a double mastectomy and reconstruction. I'm grateful for the coverage – women need to know about the gene and the medical options that are available. My advice? Get tested, as knowledge is power. I wish I'd known before the cancer developed. Thankfully, I'm now fit, well and happy. Just like Erin in your article, my scars tell my story and show my strength. **Kimberley, by email**

This month's star letter wins a Bose SoundLink Colour Bluetooth speaker worth £120. This lightweight speaker offers a high-level sound with wireless connection. bose.co.uk

Thank you, Taylor

I loved Taylor Swift's stint as guest editor for the June issue. She has such a positive outlook on life. It was great to find out more about her as I've been listening to her songs for ages. As an independent woman who knows her own mind, but doesn't need to stamp all over others to make herself heard, Taylor is an inspiration to us all. **Jennie, by email**

One kick-ass message

I'm really enjoying your Say No To Sexism In Sport campaign. As a keen sportswoman, I have experienced the pay disparity between men and women highlighted in your *What's Wrong With This Picture?* article. To have these issues legitimised in GLAMOUR, alongside fashion features, sends a clear message: yes, you *can* be feminine and play competitive sport! **Sorrel, by email**

@Stardust_Lau "Stop living accidentally and start living on purpose" #awesome #quote. Intriguing story *I Watched My Fiancé Die On Death Row* @GlamourMagUK

Reclaim your time

After reading *Escape The Time Trap*, I can finally see where I have been going wrong. My recent promotion has led to my job ruling my life, and everything else suffering in the process. I love your idea of 'The Perfect Day' (spending allocated minutes on different aspects of the day) and I have even joined the gym to help relieve stress. **Sam, by email**

@Foni1404 Loved @GlamourMagUK article on women's sport showing we need to get behind it before protesting inequality #watch #participate

The power of love

Lily Fury's *I Watched My Fiancé Die On Death Row* article was incredibly powerful. It must have been difficult for her to fall in love under those circumstances, but what she said about Johnathan inspiring her was wonderful. Whether you agree with the death penalty or not, Lily and Johnathan proved that, even on Death Row, it is possible to effect change in others' lives. **Nicola, by email**

@bekahharry @hotpatooties totally agree with your #Atheism stance in @GlamourMagUK there is no afterlife so grab this one by the balls! #Iconcur



GLAMOUR-TO-GO



This month's winner is Jana Gadsden, pictured with GLAMOUR on her honeymoon on Thudufushi Island in the Maldives. Jana wins an Otone BluMotion DAB radio. The BluMotion comes in six stylish colours and can also be connected wirelessly from any device via Bluetooth. For your chance to win, send us a photo of you with the latest issue of GLAMOUR in a glamorous location (with your name, address and location). Good luck!

Write in! We want to hear about you – about GLAMOUR, your life, anything. Tweet us at GlamourMagUK, email us at letters@glamourmagazine.co.uk or write to GLAMOUR We Hear You! 13 Hanover Square, London, W1S 1HN

Compiled by Amy Warren. GLAMOUR reserves the right to edit letters, Tweets and unsolicited material. Unfortunately, GLAMOUR is unable to return any photographs submitted. Photograph: Damon Baker. Still life: Jody Todd

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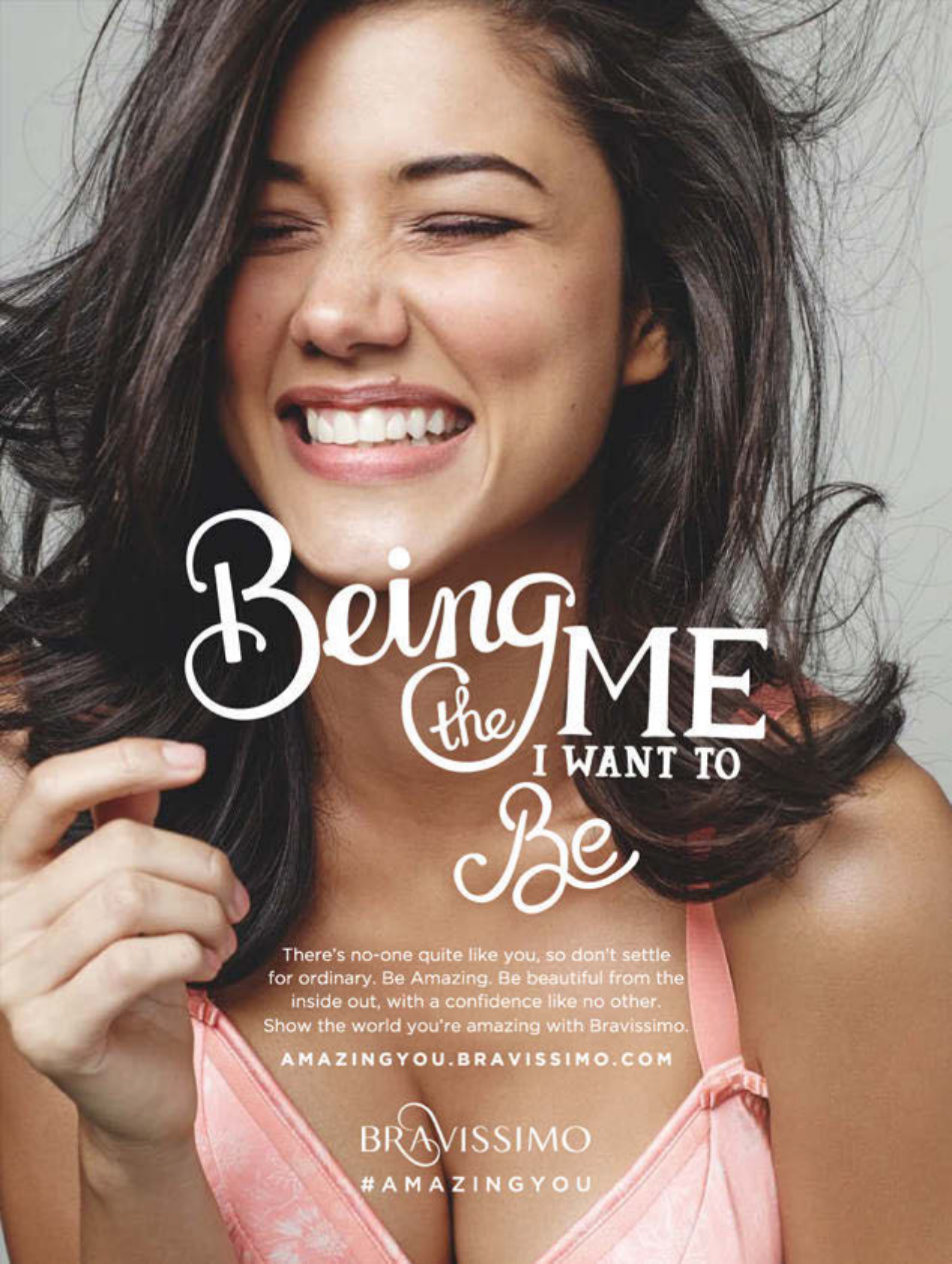


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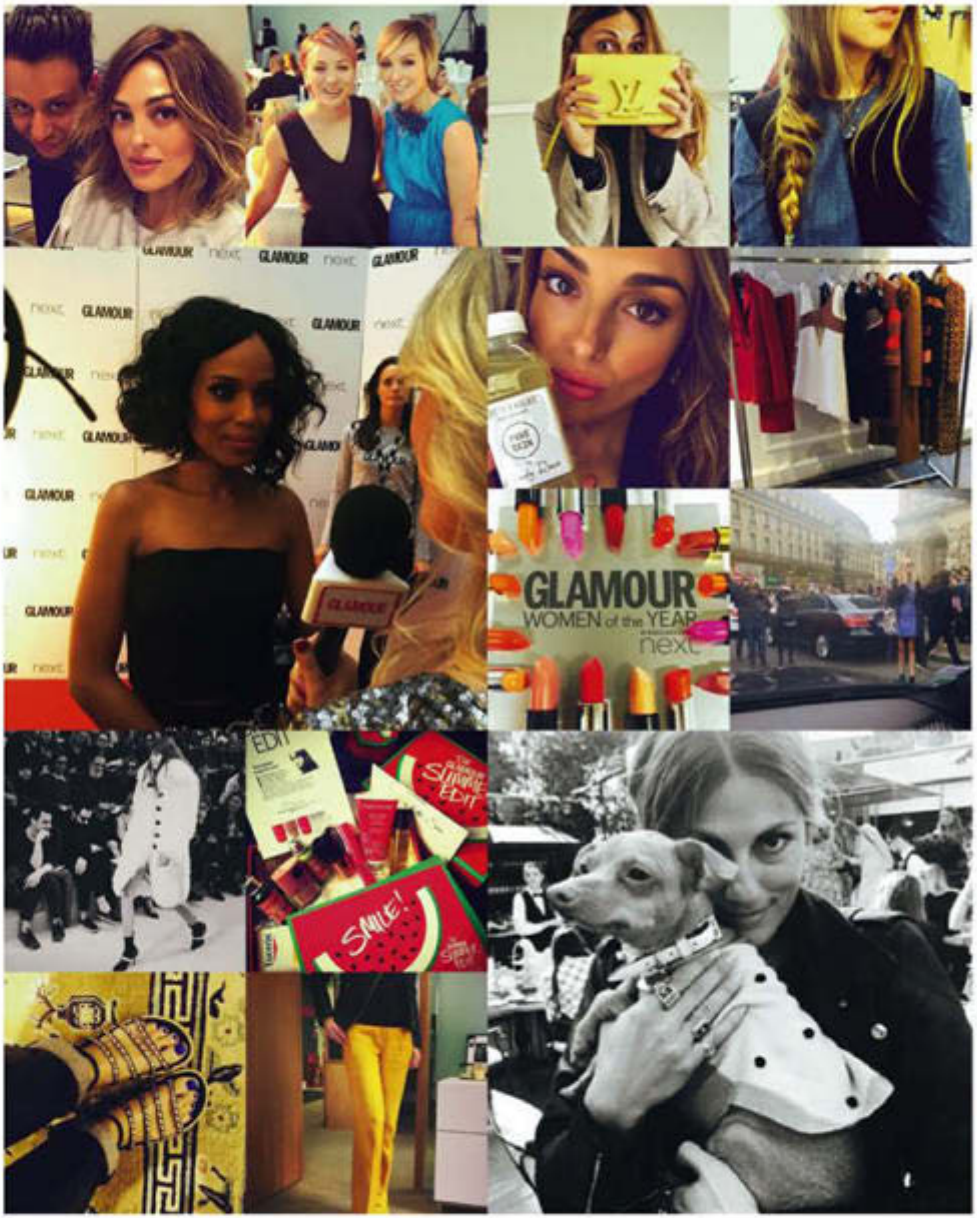
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Dress up your **FLATS**

Who needs heels when you can look this good?

After normcore and understated chic, this season is all about dressing up – but that doesn't mean you have to opt for a heel (yes, Cannes red-carpet police, we're looking at you). A girlie dress and cool flats? Dynamite combo. Something a little more masculine, like Kendall's Rachel Roy metallic-toed loafers, can take an outfit from 'we like' to 'wow'. ▶



Kendall in Cannes in May (yep, they let her in!)

Photograph: Getty Images



24 hours with Evangeline Lilly

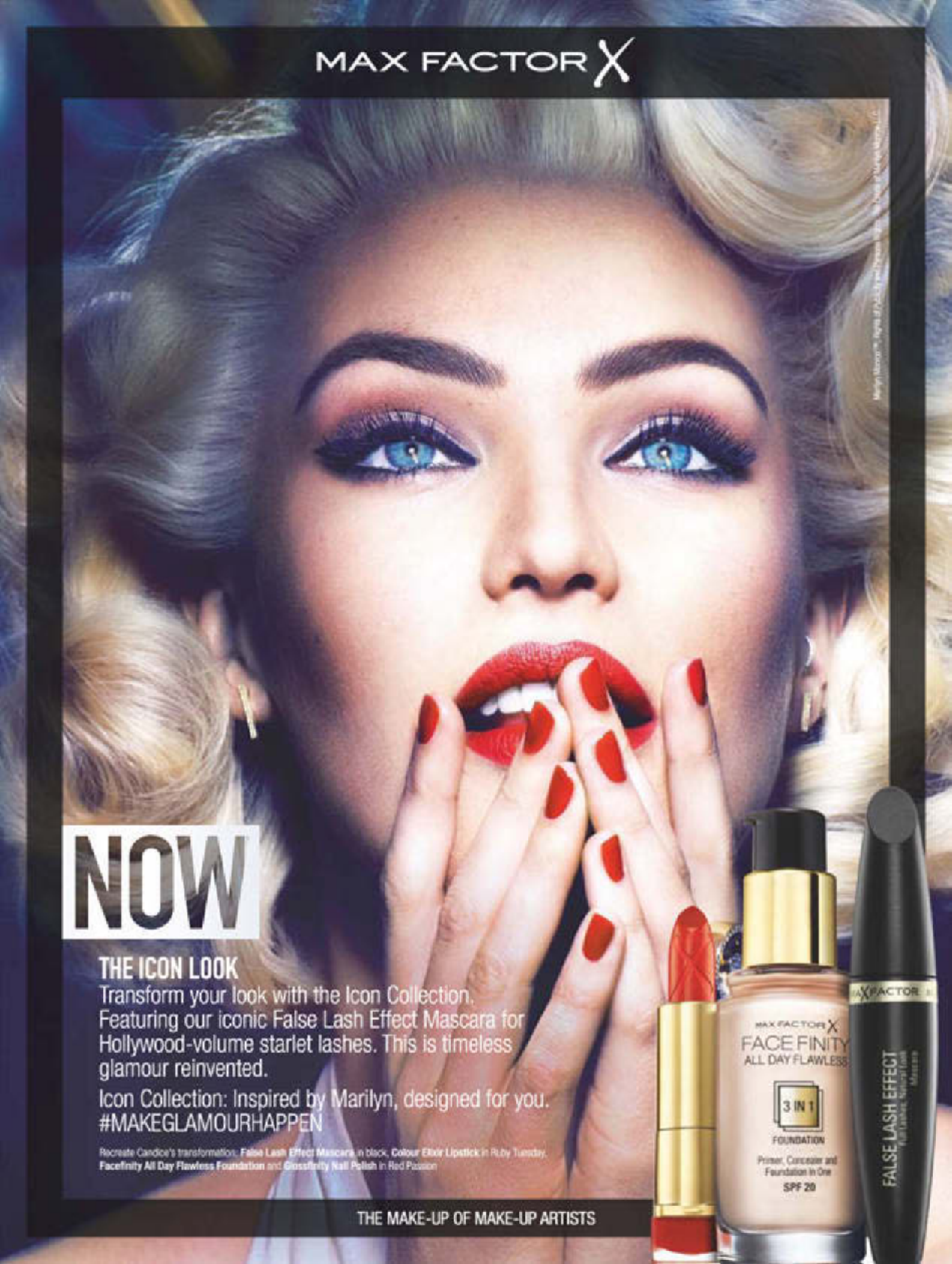
...as she prepares for the release of *Ant-Man* and writes five (!) novels

6.00AM My son [Kahekili, four] toddles into my room, crawls into bed and says, "Mommy make me breakfast, please." We cuddle for about half an hour while I try to open my eyes. **6.30AM** I mostly work from home, so I always have breakfast with my partner [Norman Kali] and son. One of our staples is fried rice. We take all the leftover food and throw it in a pan with rice and meats and vegetables. **8.30AM** My routine is all over the place because I do humanitarian work from afar, have an acting career, and have spent the majority of the past five years writing. I run a programme to help widows and orphans in Rwanda, so two or three mornings a week I Skype and email the people who run the programme and the people in the programme. On a writing day, I go to a café – I always sit at the same table. I don't drink coffee, but I am a Starbucks chai tea latte addict – that's my go-to if I need a burst of energy. **12PM** At home I break for lunch with my family, but if I'm writing, there's no break. I get a croissant and a beverage refill and press through. I'm working simultaneously on five book projects – the second instalment of *The Squickerwonkers* for children, a novel for young readers, and a three-book fantasy series for adults. I work very little in film now, but my acting career has made everything else I do possible, so I juggle a lot. **5PM** I typically call it a day, but if I'm dealing with Rwanda it's later due to the 12-hour time difference. **6PM** My partner loves to fish, so we eat a lot of fresh fish and sushi for dinner, and wherever we're living (we're currently on the west coast of the US but we move all over the place), we track down where the farmers' markets are. **7PM** My partner's been with my son all day, so I'm in charge of bed time. Then we'll sit down and watch TV. We're just finishing up the second season of *House Of Cards*. **9.30PM** It's a running joke among my friends that I'm such an old lady. On an early night, I'm in bed by 8.30pm, but it's usually 9.30pm. When I'm at a première doing press or an after-party at 11 or 12 at night, I'm dying. I'm not equipped to stay up that late! ▶

Ant-Man is in cinemas from July 17

As told to Helen Whitaker. Photograph: Jessica Haye and Clark Hsiao/Corbis Outline

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ALL DAY FLAWLESS
3 IN 1
FOUNDATION
Primer, Concealer and Foundation In One
SPF 20
FALSE LASH EFFECT
THE MAKE-UP OF MAKE-UP ARTISTS

GLAMOUR at every age

Landmark birthday? These iconic women say bring it on



40
Charlize Theron, August 7
"There's a hunger in me still. I feel like I still have so much to learn."

30
Anna Kendrick, August 9
"I can't wait to actually be 30, just so I can say things like, 'I'm 30. I don't have time for that. Fuck off!'"

60
Iman, July 25
"It takes time to be who you really want to be. It doesn't happen overnight."

50
JK Rowling, July 31
"I'd tell my 21-year-old self that happiness lies in knowing that life is not a checklist of achievement."

70
Helen Mirren, July 26
"40 is good, 50 is great, 60 is fab and 70 is fucking awesome."

Will you vote for the Women's Equality Party?

It's four months since the Women's Equality Party (WEP) was formed, a new political party fighting for gender equality. Their first fundraiser sold out in two hours, and they have already outlined six core objectives:

- Equal representation in politics and the boardroom.
- Equal pay.
- Equal parenting rights.
- Equality in education.
- Equal treatment in the media.
- End violence against women.

The party was co-founded by Catherine Mayer and comedian Sandi Toksvig, who quit her presenting job on Radio 4's *The News Quiz* after 28 series to focus on politics.

"We have policy groups working on practical, deliverable policies for each of our objectives," says Mayer. "We start from the perspective that equality is good for *everyone* – and we've ensured a broad range of political perspectives are represented within the party. We want to be a really big movement, that actually makes change – to do that we need the votes of men as well as women, and the votes of people across the political spectrum."

WEP candidates will be standing in local elections as early as next year, and they aim to win seats at the 2020 parliamentary election, too. "There is real optimism, people are excited, they tell us they have always wanted a political party like the WEP," says Mayer. "It's a huge responsibilty, and we want to deliver." ▶

By Hanna Woodside. Photographs: Rex Features, The Picture Library

SAVE THE DATE

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SCHOOLS GUIDE LIVE!

2ND OCTOBER 2015

At the Jumeirah Carlton Tower, Knightsbridge, London

Are you considering private education for your child?

Then look no further than Tatler's Schools Guide Live event! We are private-education experts with 10 years' experience publishing the Tatler Schools Guide – the leading authority on the best private schools in the UK. This year, we are running a day of lectures and discussion panels with a team of education specialists, including headteachers from the top private schools, who will answer all your questions to help you choose the right school for your children.



FOR MORE INFORMATION AND TO BOOK, VISIT **TATLER.COM /SCHOOLS LIVE**

PHOTOGRAPH: GETTY IMAGES

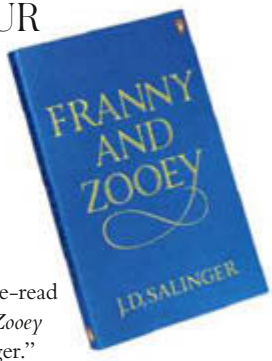


Lily LOVES...

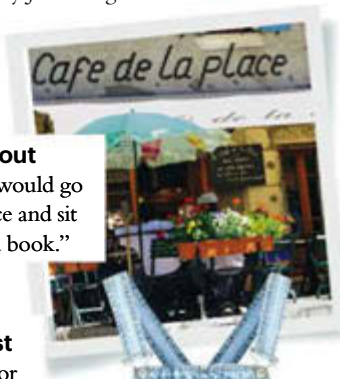
Cinderella star Lily James shares her favourite things with GLAMOUR



Secret skin weapons
"My must-have products are Charlotte Tilbury's Wonder Glow and Sisley Black Rose Oil."



Lit love
"I can always re-read *Franny And Zooey* by JD Salinger."



Holiday hangout
"Where do I love? I would go to the south of France and sit in a nice café with a book."

Style crush
"Diane Kruger. She *always* nails it."





TV addiction
"I watch *Planet Earth* constantly."

Fashion wish list
"I wore a black Dior skirt on Jonathan Ross [left]. It also comes in white and I'd wear it with the knee-high brown boots [from the same collection]. *So* cool."





Dream shoes
"Strappy Jimmy Choos. You can get them in so many colours, and they go with everything."



Tipple of choice
"I have many, but I love a Bloody Mary."

Wardrobe go-to
"Dungarees. I have loads I really like. I'll buy four pairs in different colours."

Denim dungarees
£34 topshop.com

Cinderella is out on DVD on August 24

By Charlotte Duck. Photographs: Matt Holyoak, Rex Features, Getty Images, 4 Corners, Nature Picture Library, **Still life: Jody Todd**

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LONDON PARIS NEW YORK

me&john



Together, we can take charge.
John Frieda® Advanced keratin-infused hairspray.
Touchable memory and exceptional hold. You, in control.
Me & John & Keratin-Infused Hairsprays. Together we can.

DAWN O'PORTER HONESTLY



"The business lessons I learned on the shop floor"

A few months ago, I opened a pop-up shop for my clothing line, BOB. It was on Monmouth Street in Covent Garden, London. The location was unbelievable, with a constant footfall of shoppers who were avoiding the high street and seeking out fun and interesting boutiques. Basically, for my business, it's the dream.

I worked in the shop every day. People were surprised by this, but for me it was essential that I did. I had an opportunity to meet my customers, to speak to them about what they wanted. I watched them walk straight past things that I was sure would be a hit, and head directly for those I was sure wouldn't be. It was the finest opportunity for market research possible for a small business like mine. I learned so much, and realised that understanding my customers and the way that people shop is crucial to BOB's success. Not only that, it was so much fun.

All day I got to dress people up in clothes that they might never have picked out themselves. As half of my business is vintage clothing that I have sourced from all over the world, each piece is unique. I know my stock like the back of my hand, and I also have a pretty good grip on what works on different kinds of women, so when someone allowed me to make suggestions for them, the results were often very exciting.

Retail is a tricky game, though. I am a shopper, and love buying clothes. But because salespeople generally drive me insane, I have taken to shopping online. I love going into shops, but I hate pressure. Being approached within seconds of walking into a store makes me want to walk straight back out again. And even though I understand that it's their job and, of course, they want to make money, I don't like seeing that in their eyes. A simple, "Hello, welcome, let me know if you need any help," is lovely, but following me around, grabbing everything out of my hand to put it in the changing room, and forcing their name upon me so they don't miss out on their cut of my purchase drives me bonkers. Well, that was until I had my own shop – and I realised how many sales come ▶

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LONDON PARIS NEW YORK

me&john

Together, we can make waves.

It's back. Beach Blonde™ by John Frieda is infused with natural sea salt, giving you tousled waves with the scent of summer, all year round.

Me & John & Beach Blonde™. Together we can.



◀ from me helping my customers. But it's a fine balance. I want to be welcoming, helpful and encourage people to step out of their comfort zone, but I don't want anyone to feel like I'm doing the hard sell, or have them buy anything they don't truly love. In the long run, that does nothing for my business. No one must leave feeling doubtful, or regretting the money she's spent.

So, when I worked in my shop, I aimed to be very honest. I'd be the first to say, "Get that off, it looks dreadful!" or "That shape is totally wrong on you." I'd ask for an idea of budget before I shoved a bundle of £500 dresses into their changing room, and I took note of the part of their bodies that they did or didn't love.

"Walking into a shop and trying something on will always be the most fun way to buy clothes"

Sometimes there were breakthroughs, like one woman who said she would never wear anything short or white, but left the shop with the most flattering short, white dress. She looked so amazing in it and wore it the next day (the joy of Twitter is that I can follow the journey of the dresses). But other times, people would try something on that I'd suggested and I'd got it so wrong that we would laugh together at the disaster.

I had the time of my life in my shop. And it's changed my business, because now I understand what people want. Online shopping may be the future, but in the same way that a screen can never really replace the joy of a real book, being able to walk into a shop, choose something and try it on will always be the most fun way to buy clothes. I'll keep you posted on when my next pop-up will be but, in the meantime, I'll try to be more understanding and not get too stroppy with sales assistants when I go shopping. No promises though.

What do you reckon? Tweet me @hotpatooties #GlamourMagUK

Love Dawn

GOING UP



Burger rings
Why just limit food to eating? Wear it and wear it proud. I like this one by Candy Clothing.

Shoe clips
Boring shoes made awesome. I love Cleo B pom poms. cleob.com/collections/shoe-clips

Nespresso machines
Wake up to a pod – filter coffee is so last weekend!

The wob
The wobbly bob. I'm all over it, usually by accident.

DAWN'S DOS & DON'TS

Begging to be followed
Too many people on Twitter asking to be followed. Stop, it's weird.

The word 'wuv'
It's LOVE, quit with the baby talk.

And while we're on it,
please stop saying 'holibobs'.

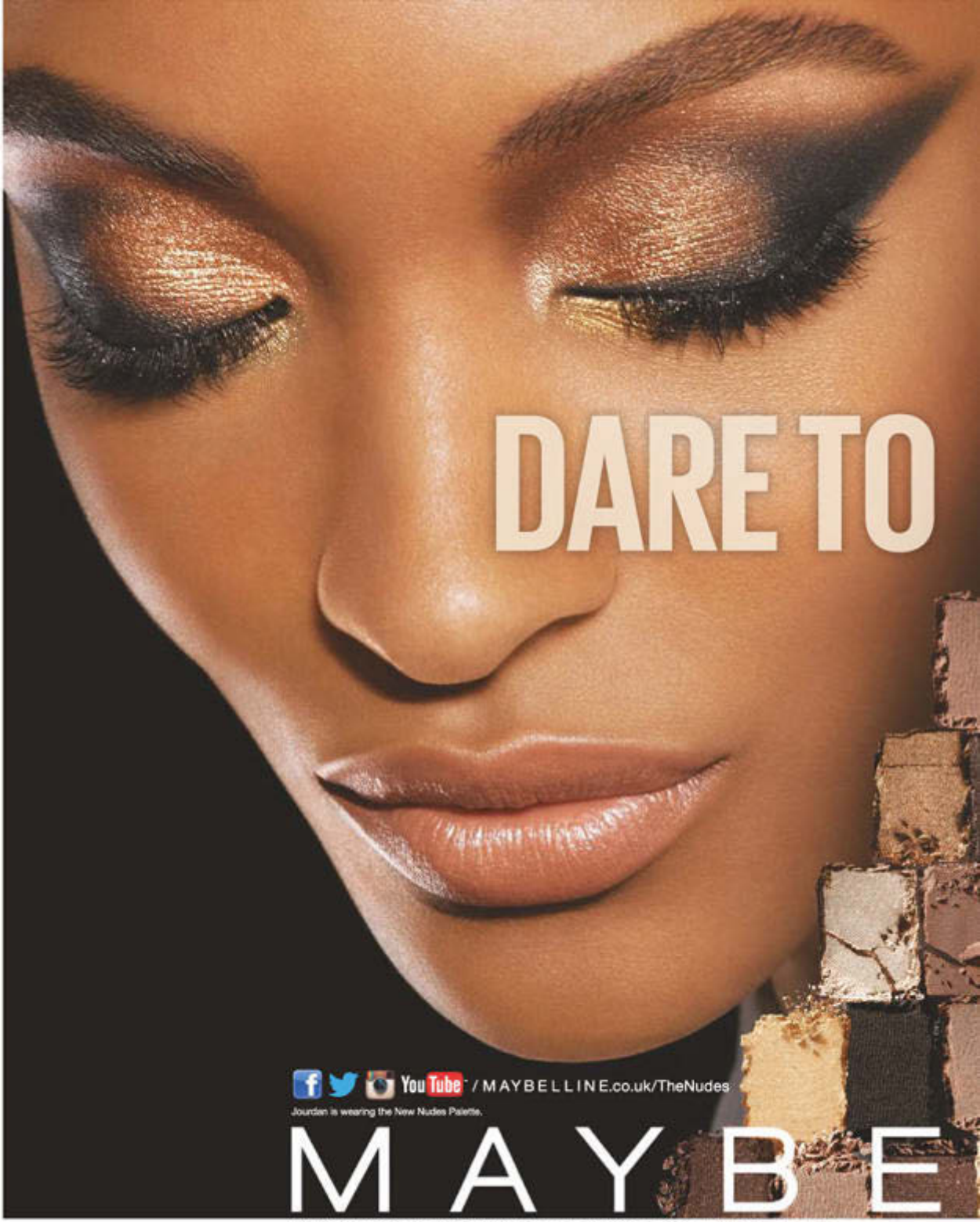
Facetune
It's a horrible app. You'll only disappoint people in real life if you use it.



GOING DOWN

Portrait: David Loftus. Hair: Adam Reed at Eighteen Management. Make-up: Valeria Ferreira at Caren. Manicure: Sophie Harris Greenslade at Emma Davies Agency. Fashion Assistant: Holly White. Dress: Bob by Dawn O'Porter


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BRUNETTE
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Together, we can have more fun.
Shine-amplifying Brilliant Brunette® by John Frieda shows the world what it means to have a brunette moment, multifaceted, deep, rich, vibrant.
Me & John & Brilliant Brunette®. Together we can.



MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.

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GO NUDE.
NEW THE NUDES PALETTE
ONE PALETTE. INFINITE LOOKS.
Our first collection of 12 curated shades, from natural to smokey, shimmer to matte, positioned to perfectly complement each other in duos, trios or quads.
Maybelline dares you to create infinite nude looks with just 1 palette.
THE NUDES
MAYBELLINE NEW YORK
LINE
NEW YORK

THE SEARCH FOR YOUNGER LOOKING SKIN IS OVER.

1 CREAM, 100 AWARDS.



Olay Total Effects is a simple solution for younger looking skin. With **7 age defying benefits in 1, and 100 awards across the globe**†, it's all your skin needs. The 7-in-1 from the world's number one.

WORLD'S No.1 FEMALE FACIAL SKINCARE BRAND*

Your best beautiful begins at Olay.co.uk

*Based on mass market facial moisturiser and cleanser value sales for past 12 months ending June 2014
†Based on number of awards received by Olay Total Effects boutique across the globe 2002-2014

Olay
TOTAL effects
YOUR BEST BEAUTIFUL™

Hey, it's OK...



She took the trend for sorbet shades *very* seriously

…if you'd choose a retro ice lolly over fancy gelato any day. Nothing beats a Twister

...to refuse to save things 'for best'. Life's too short

…if you're guilty of hashtagging #every #word #of #your #Instagram #caption

...to only fake tan up to the hem of your dress

…to send changing-room selfies to the only friend you know will tell you the truth

...if you've ever absentmindedly said, 'Love you' at the end of a phone call with a total stranger

…if your purse is full of food and drink loyalty cards with only a couple of stamps on. You just have lunch-time commitment issues

...to refuse to look in the mirror when you go to the loo on an airplane (how do they manage to make the lighting so damn hideous?)

…if 99% of that perfect red lip has ended up on your wine glass with the first sip

...to wish the government would implement a Spanish-style afternoon siesta

…to only make a cup of tea to dip your 3pm biscuits into (thanks to GLAMOUR reader @MilkyFloatyLady)

{ Want to see your own ideas here? Tweet us something we've never heard before @GlamourMagUK #HeyItsOK }

By Hanna Woodside. Photograph: Chris Craymer

"MY GROOMING **BALLS-UP**"

62% of guys are into manscaping, and almost a fifth of salon customers are now men – but things don't always go, um, smoothly



"On the morning of my mum's wedding, I decided to tackle my monobrow. I don't know what possessed me, but I decided to use my regular beard shaver. I misjudged the width and accidentally removed the inner third of both my eyebrows. I look ridiculous in all the wedding photos." **Brett, 23**

"I needed to tidy up 'downstairs' before a date and sneakily used my housemate's Veet. I learnt the hard way that putting hair-removal cream on your scrotum *burns*. I winced all the way through dinner – and when she invited me back to hers, I had to make an excuse so I could go home and ice my balls." **Marc, 28**

"I had a horrible prickly rash on my chest after waxing it – and spent the week rubbing in my girlfriend's body lotion to soothe it. I had no idea that 'gradual tanner' was a thing – until she caught sight of the weird orange streaks on my chest and started laughing hysterically at me." **Paul, 30**

"In a last-minute panic on the morning of an important job interview, I used a pair of kitchen scissors to trim my nasal hair. I ended up nicking myself and although I thought it had dried up, the HR director had to hand me a tissue mid-interview as a tiny trickle of blood came out of my nose." **Iain, 33**

"My girlfriend convinced me to get a spray tan before our holiday. I was coping pretty well, given that I was standing in front of a woman I didn't know in nothing but a paper 'man-thong'. I followed her instructions to angle different body parts at the spray gun. When I turned around to get my back done, I *swear* I heard her say, 'Now bend over'. I was a bit confused, but duly complied. 'Um, I said bend your *leg*,' she clarified, as she got a perfect view of my bumhole (the man-thong hid nothing). That was my first and last spray tan." **Karl, 31**

"I have very fair colouring – and almost white eyelashes. My housemate, who's a beautician, was desperate to give me an eyelash tint. Eventually I relented. How bad could it be? Well, it was terrible – she did one eye and I looked like I was wearing mascara. I had a choice of one *Clockwork Orange*-style eye, or matching up the other. I chose the latter and spent the next few weeks getting mercilessly teased about my doll-like eyelashes." **Jake, 26**

"No exaggeration, I once walked round with a wax strip stuck to my back for three days. I'd asked my wife to help me wax it, but the second she started pulling back the strip I knew it'd be excruciating, so I forbade her from taking it off. In the end, she ripped it off when I was asleep. I screamed as I woke up." **Liam, 30**

HOW HE CAN **GET IT RIGHT**

Thom Watson of male beauty blog manface.uk shares his top tips (pass them on)

1 Manscaping "As a rule, when it's time for a guy to cut his hair, it's time to trim down there. The Philips Bodygroom [from £24.99] has lots of different shaving heads and he can use it on his chest, too."

2 Monobrows "Never let him shave between his brows. The width of a razor is wider than the gap, so it's a disaster waiting to happen. Parissa facial hair strips are best for newbies – the clear plastic means you can see what you're waxing, so you won't take off half a brow."

3 Spotty bum/back "This is a common problem in men, as they're hairier. Boots Smooth Care Ingrowing Hair Minimiser [£9.25] should help sort it out."

By Hanna Woodside. Photographs: iStock, Gallery Stock


Overdone it
this summer?
Turn up the
hair
conditioning
AUSSIE
AUSSIE
"There's more to life than hair but it's a good place to start."

"AREN'T YOU REALLY JUST GAY?"

And other questions bisexual people *really* don't want to hear (again). Emma Garland answers back


"That's the last time I let you book the hotel"

The year is 2005, I'm 16 and sitting at the table with my parents. For some reason, we're having a conversation about sexuality. "Aren't bisexuals just being greedy?" my mum accuses, not knowing that, at the time, I was hiding my first girlfriend – and my bisexuality – from my family and friends. I've since gone on to answer this question hundreds of times, and I like to explain it using the powerful metaphor of tea. You know how you'll have a cuppa every morning? Then, one day you'll think, 'I fancy a coffee, actually.' Now, imagine a world where someone looks at you like you've just slagged off their nan and says, "Who do you think you are? Pick a beverage and stick to it… forever." Any rational person would consider having to pledge their allegiance to either tea or coffee completely ridiculous, but when it comes to sexuality, most people would rather you made a decision. If you don't, prepare for the questions…

"Who do you prefer? Surely one must be better in bed?"

As much as I'd love to give this one to you, the true answer is neither, and no. One misconception is that bisexuality is a 'phase' that doesn't extend beyond drunkenly experimenting with your friends. But the Kinsey Scale suggests sexuality actually operates on a spectrum. So there's a large group of people in the world who don't identify as totally straight or totally gay, just as there is a whole gradient of colour between white and black. Can you deny the existence of grey?

"How do you know you're bisexual if you've never been with someone of the same gender?"

I've spent time asking myself this, looking at particular women and trying to figure out whether I wanted to be them or be *with* them. But the answer is simple: if you fantasise about going to town between the legs of both men and women, you are absolutely bisexual. You're not slowly transitioning into total homosexuality. Bisexuality is sometimes claimed to soften the blow of coming out to conservative parents, but that 'bi now, gay later' policy people talk about is really not a thing. Whether you've even seen a penis or vagina yet is inconsequential. You wouldn't ask a straight person to reel off their dating history before you accept their sexual preference.

"How many threesomes have you had?"

When you ask this, it tells us that you've probably watched too much porn. It's a gross, fetishising question that undermines the possibility that bisexuals can have meaningful, monogamous relationships. Threesomes can be fun, and they are certainly an option for bisexuals, just as they are for anyone else, but if that was one of the first questions you asked a straight couple, you'd likely have more drinks thrown on you than the cast of *EastEnders*.

"But don't you miss men?"

When a friend of mine found out about my secret girlfriend, she asked me this and, even though I was still a teenager figuring things out, I knew I didn't. And now that I'm older, the idea that you can be so enamoured with someone's genitals to the point of mourning is ridiculous. Who you opt to spend your time with is not dictated by what's in their pants. Of course, bisexuals end up in fun, sex-based relationships as much as the next Tinder-user, but as with any other orientation, all the meaningful ones are based on love. For some, orgasms are important, but whether they are achieved with a man or a woman is irrelevant if you like the person for them, not their bits.

Photograph: Netflix

Lazy summer days? Err, no.

Crazy summer days? You betcha.

We know you never let anything get in the way of

having fun. But even you –

although you might not admit it –

have your limits.

Like those mornings **after the night before**

when your hair looks like it's in need of **CPR.**

Lucky for you, Aussie's got your back

(or rather, your hair)

thanks to our **Limited Edition**

Beach Mate Collection

crammed with all the usual Aussie exotica.

Hair in deep water? Don't fret.

These handy **little miracles**

will make sure your summer goes swimmingly.

It's beached-out hair's

lifeguard in a bottle

(minus the 6-pack).

DINKY TRAVEL SIZE



AUSSIE

"There's more to life than hair but it's a good place to start."

LET'S TALK SEX TOYS

New tips for *big* results



"Don't rush back, darling!"

MAINTAINING YOUR PLAYTHINGS

Give toys a blow-dry "Blast toys with a hairdryer after washing them with a specially made antibacterial cleanser (such as LELO Antibacterial Cleaning Spray £6.90)," says Samantha Evans of online erotic store jodivine.com. "It'll remove all moisture so they don't get musty, without having to leave them in the open to air dry."

Avoid fluff in your muff "Store your toys in a box or fabric bag – never just chuck them in your knicker drawer," says Renee Denyer from sex shop Sh! "Silicone toys in particular can pick up tiny particles of dust that can be transferred to your vagina, causing irritation. I keep my toys in a hanging shoe organiser from Ikea, so they're out of sight but I can quickly find the one I want."

Don't bin your dead Rabbit Instead, send broken or unwanted sex toys to Lovehoney, who'll recycle them in safe, environmentally friendly ways, make a donation to the World Land Trust on your behalf *and* give you loyalty points to spend on their site. Visit lovehoney.co.uk/rabbit-amnesty

SWITCH UP YOUR THRILL SKILLS

Ramp up the anticipation "Buy a Kitchen Safe (approx £31 thekitchensafe.com): a clear plastic box with a lock that only opens after a set period of time has elapsed," suggests dominatrix Mistress Absolute, author of *The Absolute Beginner's Guide To... Domination.* "Put your favourite toy inside and challenge your partner to find other ways to pleasure you until the timer goes off."

Take oral to the next level Hold a small bullet vibrator against your throat to give a humming sensation as you suck his penis, suggests Lizzie Field from Ann Summers.

Try a virtual threesome Download the Blindfold app (blindfold.club) and from approx £3.30, you'll receive a fresh podcast each month, featuring a female voice instructing your partner on exactly what to do to you in bed. Play them out loud for a different type of threesome.

NEW TOYS TO BUY & TRY

Stay ahead of the curve Toys that bend and flex to fit the shape of your body are about to be big news. Check out the Picobong Transformer (£79 picobong.com), a kind of sexy pipecleaner with a vibrator on each end. Twist it into a circle to form a ring for his penis, or experiment with double penetration if you're feeling daring.

Try an unidentified frisky object Durex recently launched a range of premium sex toys, including the Sensual Bliss (£39.99 durex.co.uk), which looks like a tiny UFO. It's designed to be lubed up and glided over the skin for all-over stimulation. Because it's small, it's a subtle choice if you want to introduce toys into the bedroom.

HORNY HOLIDAY HACKS

● **Be a smooth operator** Give Lube Silicone Premium Lubricant comes in 30ml bottles that comply with carry-on baggage liquid restrictions, plus it doubles as shaving gel. (£5.95 sextoys.co.uk)

● **Pack a glass dildo** "It's the perfect travel toy because you don't need to worry about batteries running out, or metal parts setting off airport security scanners," says Ashleigh Levison of Coco de Mer.

By Alix Fox. Photograph: Getty Images. Dominatrix Mistress Absolute teaches X-rated workshops at erotic boutique Coco de Mer

"There's more to life than hair but it's a good place to start."

AUSSIE

Dry tent? No
Dry feet? Not quite
Dry shampoo?
Absolutely

Knee-deep in festival madness?
Let Miracle Dry Shampoo
keep you looking like
a crowd-surfing goddess.
Dance in the rain? Go for it.
Sleep in a puddle? Why not!
With these little beauties
nothing's off the bill
(except grease).

ROCK 'N' ROLL HAIR



BE HAPPIER

And smarter, healthier, richer. It's all about small steps

Fancy some self-improvement? "Breaking down big life goals into smaller, more achievable actions stops you feeling overwhelmed," says life coach Ann Bostock. These expert, easy wins will set you in the right direction.



When your friend's been back a month and they *still* think they're in Ibiza…

GET HAPPIER

WITH JEREMY CHRISTEY, COUNSELLING PSYCHOLOGIST

→ **Park one worry until tomorrow** "When you catch yourself going over the same thought, schedule a time the next day to postpone the worry to. You're not saying you can't worry, but you're in charge of when. It's a step towards taking control of your thoughts, instead of letting them control you."

→ **Sleep yourself content** "A study found that an extra hour of sleep a night impacts happiness more than a pay rise. The CBT-i Coach app (free, iOS and Android) uses techniques to help you break bad sleep habits."

→ **Practise self-compassion** "When your inner critical voice says you screwed up, ask yourself – would I say this to a best friend in the same situation? Now, what *would* you say to them? This helps us apply to ourselves the compassion we show others."

GET HEALTHIER

WITH LAURA WILLIAMS, DIET AND FITNESS EXPERT

→ **Add intervals to your run** "After a warm-up, run two minutes flat out, then walk for two minutes. High-intensity bursts boost your aerobic capacity (how well your heart and lungs get oxygen to your body), improving endurance."

→ **Go meat-free once a week** "Meat in moderation isn't bad for you – but we often eat too much red and processed meat (the NHS suggests no more than 70g a day – the equivalent of three slices of ham). Get inspired at meatfreemondays.com."

→ **Change into your gym kit before you leave work** "And put your gym bag where you can see it. You'll be less likely to skip the workout."

GET RICHER

WITH SARAH PENNELLS, PERSONAL FINANCE EXPERT

→ **Check your bank statement once a week** "Facing up to how much you spend is the first step to improving your finances. You can also spot if you're still paying old direct debits – on average, under-35s waste £97 on unused direct debits a month."

→ **Negotiate one bill this month** "Comparison sites like uswitch.com say you can save an average of £228 a year on your energy bill. You don't have to leave your supplier, but it gives you a figure to bargain with. Ask for the retentions team, who have the power to lower your bill."

→ **Increase your credit card payments by £10** "Say you have £1,000 debt – pay back £20 a month and it will be seven years until you're clear*. Up that to £30 a month and it's less than four years (and you save over £300 in interest). It's always worth trying to repay more than the minimum each month. Try the credit card tool on moneyadviceservice.org.uk to crunch the numbers."

GET SMARTER

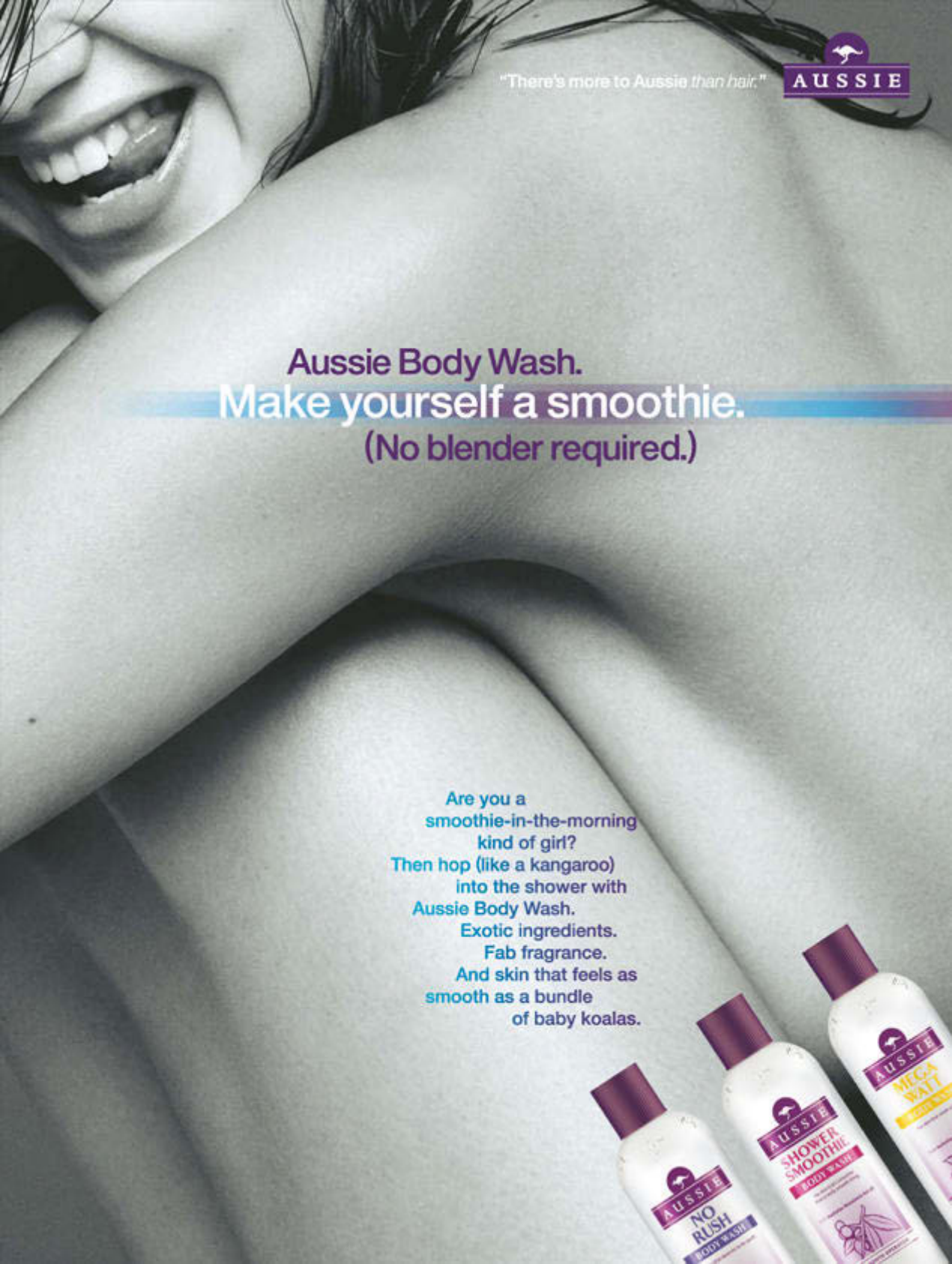
WITH BETH REACHER, LIFE AND CAREER COACH

→ **Make more of your lunch break** "You've heard of TED talks, but also check out theschooloflife.com, the99percent.com, and thedolectures.com. Watch a video on your break every day this week and that's five new nuggets of knowledge."

→ **Devote 15 minutes a day to a teach-yourself app** "Want to add a skill to your CV? Signing up for a night course might not be possible, but apps can teach everything from coding (Code Hour app) and languages (Duolingo) to photography (Photo Academy)."

→ **Learn from others on meetup.com** "Search for a skill, say Photoshop or public-speaking, and you'll find groups near you dedicated to mastering it. It's a free, low-commitment way to learn something new."

By Hanna Woodside. Photograph: Scope Beauty. annbostock.co.uk; Jeremy Christey studentsagainstdepression.org; laurawilliamsonline.co.uk; Sarah Pennells savvywoman.co.uk; Beth Reacher thecareerstylist.com. *Based on an average interest rate of 17%


"There's more to Aussie *than hair.*"
AUSSIE
Aussie Body Wash.
Make yourself a smoothie.
(No blender required.)
Are you a
smoothie-in-the-morning
kind of girl?
Then hop (like a kangaroo)
into the shower with
Aussie Body Wash.
Exotic ingredients.
Fab fragrance.
And skin that feels as
smooth as a bundle
of baby koalas.
AUSSIE
NO RUSH
BODY WASH
AUSSIE
SHOWER SMOOTHIE
BODY WASH
AUSSIE
MEGA WATT

SUPERSIZE YOUR ATTENTION SPAN

Just. Can't. Concentrate? Train your brain with our expert tips



"Oh my God, a cat!" [repeat for infinity...]

Ever bailed on a YouTube video more than three minutes long? Don't blame the ice-skating dog. The average human attention span is just eight seconds – shorter than a goldfish's. "Today, even our interruptions get interrupted," says tech expert Alex Soojung-Kim Pang, author of *The Distraction Addiction*. The culprits? The phones we check 221 times a day. But you can reclaim mental power. Welcome to fitness for your focus.

1 OVERHAUL EMAIL

Keep email open all day and you surrender to it like a Big Mac after a night out. Computer-based employees check emails 36 times an hour; answer one and it takes 16 minutes to get your attention back on the task. We even hold our breath to check our inbox, an anxiety reaction scientists call 'email apnea'.

Now focus! Cut down how frequently you check it – productivity gurus recommend anywhere from once an hour to twice a day – at other times, shut it completely. Email makes your mind dart from task to task: once it's stolen your attention, it's tough to get it back.

2 DOWNLOAD SOME ZENWARE

Think of zenware as programs that tidy up your digital mess. First, Hoover your digital desktop: cull unnecessary icons, turn off notification alerts and shut down unused windows.

Now focus! If the internet is your Achilles heel, Freedom (macfreedom.com, approx £6.50) blocks access for a time period of your choice (but restarting will override it). Whereas StayFocusd (chrome.google.com, free) and SelfControl (selfcontrolapp.com, free) block specific sites. If faffing is the enemy and you need to write, replace Word with WriteRoom (itunes.apple.com, £7.99) or OmmWriter (ommwriter.com, from approx £3.30) – you get a blank screen, a cursor and no distracting bells or whistles.

3 BREAK THE MULTITASKING MYTH

The problem with simultaneously watching Netflix, IM-ing and Tweeting? This isn't multitasking: spreading ourselves over multiple, unrelated things is what Pang calls 'switch-tasking'. And we're terrible at it. For an example, count 1-10 out loud (easy), then say A-J (easy), now alternate the two (1, A, 2…). Take about three times longer? Thought so!

Now focus! When something jumps into your mind – an urge to Google something, your date's Instagram feed – write the distraction down (let's call it your Procrastination Pad). Your full attention remains on the original task – then you can deal with your notes once the first job is done.

4 EMBRACE MEDITATION

Meditation divides camps: some swear by it, some swear at it. But, for attention, science says it works – strengthening the brain in the same way exercise strengthens muscle groups. "Meditation doesn't just make the brain behave differently temporarily – it rewires it," says Pang. In attention tests, regular meditators showed a stronger ability to resist distractions, and better moods.

Now focus! Pang recommends this: relax your mind, breathe in and count to four, thinking only about the numbers and breathing. Hold for four, then exhale, counting again. Practise for ten to 20 minutes daily. Every time you return your focus, your mind's getting stronger.

5 TAKE A DIGITAL SABBATH

Experts believe a break offline increases concentration and real-world engagement; it's why Intel once introduced tech-free Tuesday afternoons.

Now focus! Work out what to unplug from (eg all tech, just Wi-Fi?) and stick with it. It will get easier after the third week. Digital detoxees in Silicon Valley reported the toughest opposition was from friends who didn't like them going offline – much like non-drinkers may face objections in the pub. If in doubt, use the 'I lost signal' excuse.

3 FOCUS BOOSTERS

1 ***Secret Garden: An Inky Treasure Hunt And Colouring Book* by Johanna Basford (£9.95)**
Colouring in the super-intricate designs is said to strengthen the brain and improve focus.

2 **donothing for2minutes.com**
Restores attention span by making your brain rest – in this case, by staring at a sunset for two minutes. Move or click your cursor and you'll have to start again.

3 **Lumosity (free trial, then from £8.99 a month)**
This web-based, brain-training app uses games to help improve your memory and attention.

By Gemma Askham. Photograph: Getty Images

A WORLD OF COLOUR



THIS SUMMER, DOVE INVISIBLE DRY **CHALLENGED YOU, DEAR GLAMOUR READERS,** TO GET COLOUR CONFIDENT. FROM LITTLE COLOURFUL DRESSES TO BOLD AND BRIGHT SHOES, THE RESULTS OF OUR NATIONWIDE COLOUR COMPETITION ARE BREATHTAKING!


Sunglasses £360
Laura Imami
GILES
BURBERRY PRORSUM
HOUSE OF HOLLAND
Bag £48
missselfridge.com
ICEBERG
Jacket
£70 river
island.com
Cuff £151
Anton Heunis
at Cadenzza
TOD'S




SAINT LAURENT
CHRISTIAN DIOR
MARNI
Dress £58
oasis-stores.
com
Earrings
£12.50 Freedom
at topshop.com
"Colour is a great way to lift our mood. Feeling bold? Try vibrant yellow – it makes us feel more focused and decisive"
Leatrice Eiseman,
Dove ambassador and
Pantone Color Institute
Executive Director
Blazer £40
oasis-stores.
com
Adidas trainers
£66.99 office.co.uk
DKNY









"Orange is an energetic colour and is great for helping maintain a positive outlook on life"

Natalie Thomas, confidence expert



Congratulations to Gemma Fraser, our Dove Invisible Dry colour competition winner! You embraced colour in a truly confident way, well done!



GEMMA FRASER







Necklace £457 Auden at Cadenzza



MATTHEW WILLIAMSON

"If you are nervous about colourful dressing, start slowly. Invest in a bright handbag, pair of shoes or a scarf"

Alex Longmore, stylist

Top £16 dorothyperkins.com



WE LOVE!

Photographs: Gorunway, Joe Paul





Skirt £35 missselfridge.com



Sunglasses £115 Ray-Ban at Very Exclusive



Trousers £18 newlook.co.uk



Earrings £239 Caleidoscópio at Cadenzza



Sleeveless jacket £55 riverisland.com

GET YOUR COLOUR ON AND WIN!

Check out more colourful entries and enter to win a £100 shopping voucher and a year's supply of Dove Invisible Dry! Visit glamourmagazine.co.uk/promotions/dove and enter now.*

The Dove Invisible Dry range is available from all major supermarkets and retailers. For more information, talk to Dove **@DoveUK #100colours** or visit **dove.co.uk**

Dove Invisible Dry Roll-On 50ml £2.39; **Dove Invisible Dry 48hr Compressed 75ml** £2.79; **Dove Invisible Dry 48hr Compressed 125ml** £3.79.**

Dove 100



* Terms and conditions apply, closing date for entries is August 6.
**All prices quoted are recommended retail prices

Unilever



Introducing the first deodorant proven to leave no white marks on 100 colours.
Including Beth's favourite Danger Red.



Try Dove invisible dry today

Show us your colour confidence by using the hashtag #100Colours
For more information, talk to Dove @DoveUK or visit dove.com.



WALK THIS WAY

Why power-walking is your fast track to a healthier, happier, calmer you

Most of us see walking as a means to an end – to get to the pub or home from work – but it can have tangible benefits for our health too. "Walking just 30 minutes a day is proven to help reduce the risk of dementia and heart disease and can have a positive impact on mental wellbeing," says Dr Jenny Roe, research leader in human wellbeing and behaviour change, University of York. From a painful break-up to being stuck for inspiration, *Ways To Walk In London* charts how walking has helped illustrator and author Alice Stevenson overcome various life hurdles. Here she shares her wisdom.

WHEN YOU CAN'T COPE AT WORK

The best way to deal with work woes is to put your best foot forward. "A half-hour walk in your lunch break can help alleviate stress, relieve brain fatigue and have a restorative effect on your mood," explains Dr Jenny Roe.
Walk it off "Do a walk you've done before, but differ the route," suggests Stevenson. "Become preoccupied with your surroundings – the pattern of the pavements, a mural on a wall. The motion of walking helps de-stress, while being engaged in what's going on around you takes you out of yourself."

WHEN YOU HAVE RELATIONSHIP TROUBLES

Pounding the pavement might be the last thing you want to do when you're in the midst of a bust-up, but there's something therapeutic about putting one foot in front of the other. "Keeping your body moving means emotions and memories can pass through you instead of stagnating," says Stevenson. Dr Roe agrees: "Walking, particularly in a green space – or by water – encourages reflection to bring a new perspective to a painful situation."
Walk it off Stevenson suggests trying a two-tiered walk in contrasting environments. In the countryside? Find a route that goes through a forest, ending up in a field. City? Start off somewhere industrial, before heading to a park. "A contrast in landscape can become powerful and symbolic and helps you gain clarity," she says.

WHEN YOU NEED INSPIRATION

Walking gets your creative juices flowing again. "Not only does it stimulate your brain, it also helps you recover from mental fatigue, which can arise from thinking fast at work, leaving your mind free to generate new ideas," says Dr Roe.
Walk it off Stevenson suggests making an A-Z by doodling on top of a map and using that as your route. "I've done this and it's inspiring. I noticed architectural details like intricate plasterwork and ironwork on gates. Walking in a different environment fuels creativity."

WHEN YOU'RE FEELING ANXIOUS

From money angst to friendship fall-out, research from the Economic and Social Research Council shows that a lunch-break walk in green environments can help. It will lead to better sleep that night – and study participants who did it regularly showed significantly lower blood pressure and stress levels after eight weeks.
Walk it off Make yourself a walk-do list – a list of tasks that you have to get to and from, on foot. "It makes you purposeful – you're either doing something you need to do or walking," says Stevenson. And it fights stress-induced insomnia.

WHEN YOU NEED TO HAVE A HARD CONVERSATION

Ditch the pub. "Sitting face to face can be intense, but when you're walking you're both looking in the same direction, which takes the pressure off," says Stevenson.
Walk it off She suggests choosing a specific path. "So you don't have to make distracting decisions about which way to go."

And one genius app

To up your daily walking quota, download the Moves app (free, iPhone and Android) – it automatically tracks everyday exercise on your phone.

By Marie-Claire Dorking. Photograph: Chris Craymer. *Ways To Walk In London* £12.99, September Publishing


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GET THE LOOK APP
Download it now on
App Store
Google play
Kate
DARE TO GO BARE
NEW NUDE COLLECTION BY KATE MOSS
Kate Moss wears Kate lipstick #43 and Salon Pro #126 Bare Yourself.
RIMMEL
GET THE LONDON LOOK

HOW I GOT HERE



Natasha Haddad

Natasha, 34, is the music programmer for Latitude Festival. She is responsible for booking the festival's annual line-up and travels the world in search of new musical talent

I was born in the US, but my mum is British and wanted to come back when I was 12. I expected school to be like Jane Austen (it wasn't), and although I was academic, I left at 15 without any qualifications. My parents weren't thrilled, but I was headstrong, so there wasn't much they could do.



EDUCATION

1996
Helenswood Academy, Hastings

CAREER EXPERIENCE

1999-2001
Waitress, then supervisor, The Beach Club

After leaving school, I moved to Brighton and started waitressing at The Beach Club. I loved the chilled-out vibe and was dedicated to the job. Within eight months I was promoted to club supervisor – managing the bar, stock and staff, and working on some of the UK's best club nights, such as Fatboy Slim's Big Beach Boutique.





A job came up at a pub owned by the same company as The Beach Club, so I took it. I worked 70 hours a week to inject some soul into the place. By the time I left (for a job on the promotions side), it had gone from earmarked for closure to the most profitable of the company's venues.

2001-2008
Assistant manager, The Belle Vue & other venues

After my second year at the festival, the company offered me a three-month internship at their HQ in London. It was unpaid, so I saved for my rent, and worked in a bar in the evenings. Perhaps naively, I had faith that I would be offered a job afterwards. Luckily, I was given the title of festival coordinator, looking after people like Seymour Stein, who discovered Madonna. We're still in touch today.

Although I was still working as a club and venue promoter, I was freelance and could manage my own hours, so I took two weeks out to work on the first The Great Escape Festival. I was in charge of one of 30 venues, making sure the bands had everything they needed. I met the manager of Franz Ferdinand and Kaiser Chiefs and he said, 'You have it in you to do whatever you want.' It was a confidence booster.

2006-2008
Show rep, The Great Escape Festival

2008-2010
Intern, then festival coordinator, MAMA & Company

By 2010 I'd been promoted to music programmer, working on the Levi's One To Watch shows, Lovebox and Wilderness, as well as being head of music at The Great Escape. It was busy and I got to travel to lots of international festivals to meet music agents. South By Southwest, Texas and CMJ Music Marathon, New York are favourites for spotting international talent.

2010-2012
Music programmer, MAMA & Company

2012-present
Music programmer, Latitude



I got headhunted for the job at Latitude. Although it didn't seem like a big career jump, it was daunting, but I knew I could do it. A typical work day is 10am-7pm, plus three evening gigs a week and a festival every month. One of my successes was putting Rudimental and Disclosure high on the 2013 bill, before they made it big.

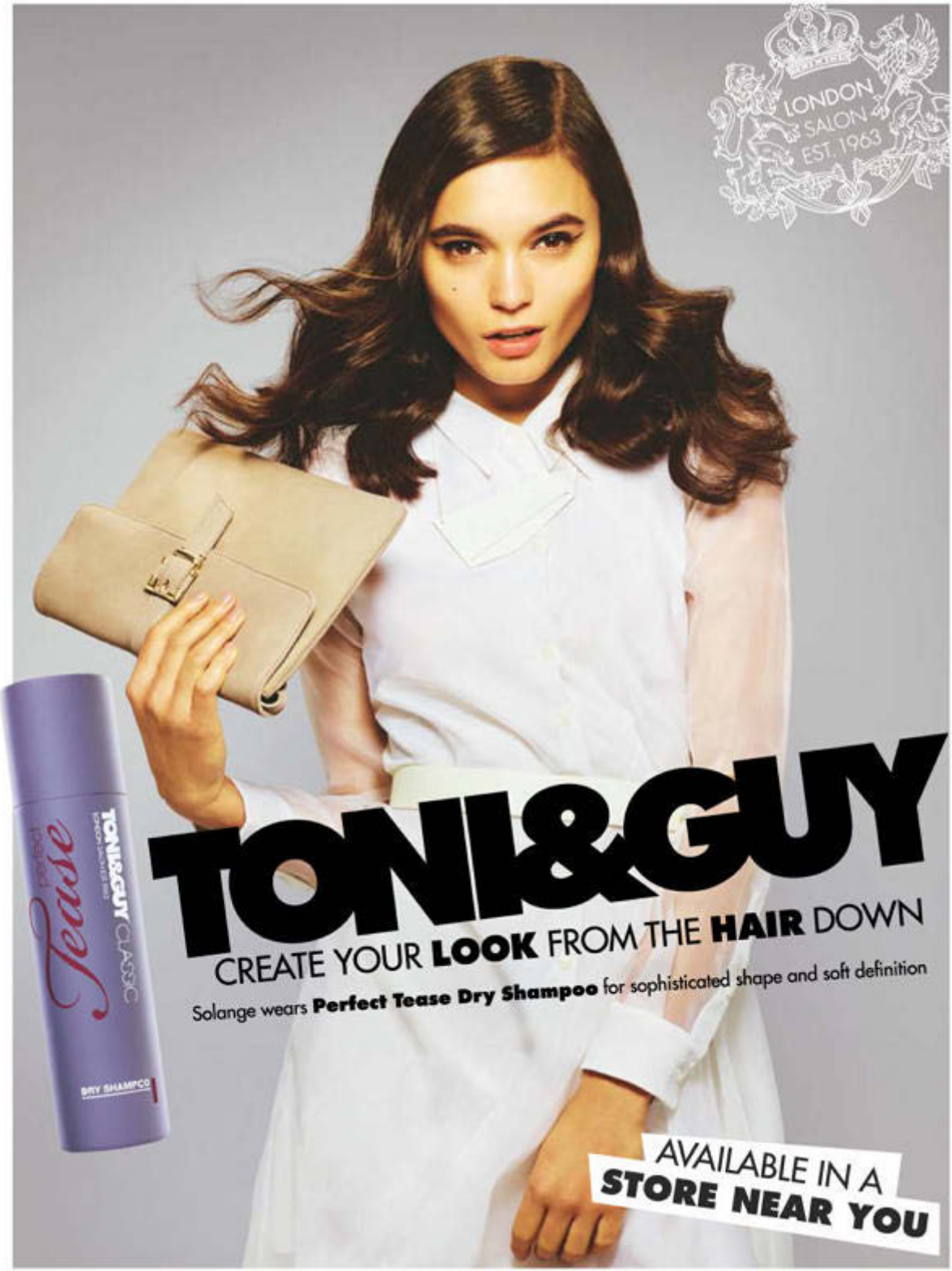
NATASHA'S LIFE LESSONS

1 **Keep calm** Last year one of our headline acts cancelled days before the festival. It was stressful, but thankfully Lily Allen stepped in.

2 **Do what you love right now** If I'd gone down the traditional uni path, I might not be where I am today.

3 **Look after your health** It's easy to run yourself into the ground. I rely on yoga to keep me positive and give me a fresh perspective.

By Ruth Caven. Photographs: Getty Images, Rex Features, Alamy, iStock



WATCH HOW TO GET THE LOOK YouTube HAIRMEETWARDROBE



Super(model) smiles from Suki Waterhouse and Rosie Huntington-Whiteley



Paloma Faith and Maisie Williams gave good red carpet

Entrepreneur winner Kate Hudson dazzled in J Mendel

Best. Night. *Ever*

A star-studded guest list, dazzling dresses, lashings of Champagne and some *hilarious* speeches – the 12th annual GLAMOUR Women of the Year Awards totally rocked



Jameela Jamil with Cointreau Solo Artist winner, Ellie Goulding



Sam Claflin presented Suki with the Next Breakthrough Award



GLAMOUR Editor Jo Elvin with Ellie Kemper, winner of the Editor's Special Award



Kerry Washington touches her boob (trust us, it made total sense at the time)

Please can we do it all again? The GLAMOUR Women of the Year Awards 2015, in association with Next, were truly awesome from start to (4am) finish. Kerry Washington, Kate Hudson – and her mum Goldie Hawn (scream!) – Amy Schumer and a very dapper Calvin Harris were just a handful of the A-list stars who partied with us in London's Berkeley Square. We were there to celebrate our amazing winners from the worlds of fashion, music, film, business, sport and literature – and the marquee was packed wall-to-wall with talented, inspiring women.

After the Champagne reception – and the discovery of the photo booth – our guests sat down for dinner. Kaley Cuoco-Sweeting and her husband Ryan were first through – and were delighted with the Next table gift waiting for them: silver and rose gold bangles for the ladies, an Italian silk tie for the guys (handy for Ryan, whose tie was in a lost suitcase in LA).

Between a flurry of inter-celeb selfie action – *everyone* wanted a photo with Olivia Pope – we ate buffalo mozzarella with tomato tartare, followed by lamb ▶



Cocktail time for Alan Carr and *Game Of Thrones*' Iwan Rheon



Fearne Cotton celebrates her eighth (eighth!) GLAMOUR award



Trailblazer winner Amy Schumer's speech was so funny, it went viral with more than 2.4million YouTube views



Cute couple alert: Emma and Matt Willis



Claudia and Dermot O'Leary were *very* happy to see each other



Strictly, anyone?

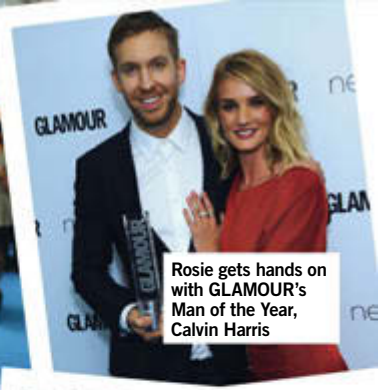
◀ on a bed of crushed broad beans and peas, then a chocolate crémeux and Cointreau sorbet.

Our host, the fabulous Claudia Winkleman, kicked things off and a surprise performance by the *Strictly Come Dancing* dancers to *Uptown Funk* wowed the room. Touching your boob to calm your nerves became the running joke of the night (don't ask), and Caitlin Moran and Jennifer Saunders had the room in stitches with their on-stage hilarity. But it was Amy Schumer who stole the show, treating us to a five-minute stand-up routine that resulted in a standing ovation, led by Goldie Hawn.

After the ceremony, it was time for Cointreau cocktails, dancefloor antics (Alan Carr was straight there) and more selfies at the after-party. At 1am, Rosie Huntington-Whiteley and Suki Waterhouse continued the party at the Chiltern Firehouse – and the celebrity love-in carried on the next morning with everyone Tweeting their new friends (get a room, Claudia and Amy!). Let the countdown to next year's Awards begin…



Alesha wowed in a Michael Costello gown



Rosie gets hands on with GLAMOUR's Man of the Year, Calvin Harris



Kaley Cuoco-Sweeting clearly likes her Comedy Actress award



Condé Nast's Managing Director, Nicholas Coleridge, HR Director Hazel McIntyre and *Vogue* publisher Stephen Quinn

5 awesome quotes...

...that got the biggest whoops of the night



Caitlin Moran, Columnist of the Year
"I write two kinds of columns for *The Times* – one's about abortion and feminism and LGBT rights [...] and the other one's about how when I'm a bit drunk and horny I go on Twitter and sex-Tweet Benedict Cumberbatch [...] Bendy-dick Cum-in-your-pants – you can make my face look like a painter and decorator's radio [...] I've no idea which one of those columns I've won for, but I'm very grateful."

Amy Schumer, GLAMOUR Trailblazer
"I'm 160lbs and I can catch a dick whenever I want [...] I'm not going to apologise for who I am, I'm actually going to love the skin I'm in, I'm not going to be striving to some other version of myself."

Tess Daly, joint Presenter of the Year with Claudia Winkleman
"This means the world to us – it's a vote for the first time two women have stood next to each other on a prime-time Saturday-night show. And it's amazing."

Kerry Washington, International TV Actress of the Year
"Christian Louboutin once said a shoe is just a pedestal, he's interested in the woman that stands on the pedestal – and I love that. This is what this modern, glamorous feminism is all about. We get to be at an event in a fantastic, high-heeled, red-soled shoe *and* we get to be on a pedestal and have a message, and be a fully three-dimensional human being."

Kate Hudson, Entrepreneur of the Year
"Women need to continuously support each other no matter what [...] we need to create a support system, we are more powerful together than we can ever be alone."

Smile! You're on Glam Cam

Stars + photobooth = anything could happen!



Clockwise from top left **Dermot O'Leary and friends; Leona Lewis and Dennis Jauch; Matt Willis and Dougie Poynter; Ellie Goulding and her manager, Cassandra Gracey; Claudia Winkleman and husband Kris Thykier; Rosie Huntington-Whiteley and friends; Dougie Poynter and Ellie Goulding; Maisie Williams and her friend, Alexandra Johnston; Kaley Cuoco-Sweeting and husband Ryan Sweeting ►**

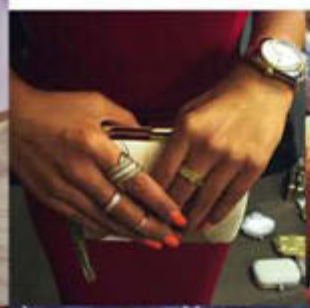
GLAMOUR WOMEN of the YEAR
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The Insta-Glammys

#Glamourawards had us trending. It's easy to see why with this star Instagram action











Left to right **Row 1** Ella Eyre, Ella Catliff, Ellie Goulding and Foxes; Fearne Cotton; Amy Schumer, Claudia Winkleman and Jo Elvin; Kate Hudson; Jameela Jamil; Claudia Winkleman and Clara Amfo; Caitlin Moran and Maisie Williams. **Row 2** Goldie Hawn and Tess Daly; Claudia Winkleman and Tess Daly; Marvin and Rochelle Humes with Amanda Holden. **Row 3** Little Mix's Leigh-Anne Pinnock; Kerry Washington and Maisie Williams; Little Mix with Kate Hudson; Nicola Roberts and Jameela; Kaley Cuoco-Sweeting; Kerry Washington and Clara Amfo. **Row 4** M.O; Maisie Williams; Alesha Dixon, Little Mix and Kerry Washington; Amy Schumer, Kerry Washington and Ellie Kemper. **Row 5** Gemma Chan; Anya Hindmarch ▶

GLAMOUR
WOMEN of the YEAR
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The GLAMOUR Awards AS THEY HAPPENED

The selfies, the celeb spots, the hot gossip – here's how it went down

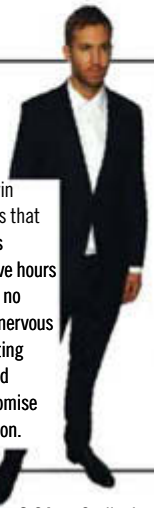
START



Mon June 1, 1.40pm @kerry washington You guys are THE BEST! Thanks 4 your tweets welcoming to this side of the pond. #GlamourAwards !!!



9.05pm Dessert is served. Freddie Flintoff wishes it was Viennetta.



8.47pm Calvin Harris tells us that his flight was delayed by five hours and he's had no sleep – he's nervous about accepting his award and makes us promise to cheer him on.



8.40pm There's a giant queue of celebs waiting to have their picture taken with Kerry Washington.

8.27pm The starters are served. A waiter notices Amy Schumer isn't eating hers and asks, "Can I get something else for you, Madam?" She smiles sweetly and says, "Oh no, thank you, but this makes me fart."





9.20pm Ellie Goulding, Jessie Ware and Ella Eyre are overheard discussing *Coronation Street*.

9.24pm Cyclist Laura Trott has a rest from training the next day, so pours herself a glass of Champagne.

9.30pm Host Claudia Winkleman instructs us "to commit to having the time of our lives" as the *Strictly* pros dance onto the stage. Christine Gerrard from Next [right, with Jo and GLAMOUR publisher Jamie Jouning] gets a shout-out.





9.38pm Ellie Goulding cheers as *Game Of Thrones*' Maisie Williams and Iwan Rheon present the first award to columnist Caitlin Moran. Her *very* rude speech sets the tone for the rest of the night.

12.04pm @ClaudiaWinkle I fell madly in love last night. Whatever you do today, watch everything this woman has ever done. **@amyschumer**

11am @RitaOra @GlamourMagUK Thank you sooooo much for my award!!!! I am so sorry I couldn't be there, currently in Indonesia. Thank you!



9.14am @LauraTrott31 Oh hey there **@glamourmaguk** award..



1.32am Suki Waterhouse takes the party to Chiltern Firehouse

1.15am Iwan Rheon is mobbed by ladies wanting a picture





12.11am @TessDaly We WON! #GlamourAwards thank you SO much... drinking our own body weight in LP Rose to celebrate!



10.03am @TanyaBurr It's the #GlamourAwards this evening and guess what?! I KNOW WHAT I'M WEARING!! A whole 9 hours before the red carpet, this is a first for me 🙈

10.38am @AleshaOfficial Looking forward to tonight's #glamourawards 💄



7.03pm Jameela Jamil and *Poldark's* Heida Reed are first on the red carpet.





7.17pm GLAMOUR's Lindsay (centre) hits the bar with Team Cointreau and guests (from left): Maud Rabin, Nick Ede, Eleonore Moreau, Guila Clara Kessous. Right: Kirsty Gallacher and Louise Redknapp try a cocktail.





8.20pm Dermot O'Leary arrives fashionably late for dinner and high-fives everyone at his table.

8.04pm Major camera flashes as Kate Hudson and Goldie Hawn arrive. Goldie re-applies her lippie as the paparazzi snap away.





7.43pm Douglas Booth and Sam Claflin greet each other with a big bear hug. Total bromance.

7.30pm Jennifer Saunders arrives, shouting, "Where's the paaaarty?"

7.40pm Gabby Logan spots someone wearing the same dress as her – but she jokes about it onstage.







9.55pm A nervous James Bay presents Fearne Cotton with her *eighth* GLAMOUR award.

10pm Paula Hawkins accepts her award from Russell Tovey: "As a writer, you're used to being the least glamorous person in the room – but this is taking the piss!"

10.06pm Calvin Harris clearly approves of our choice of 'walk up' music for the winners and presenters – we spy him dancing in his chair.

10.12pm Jennifer Saunders introduces Amy Schumer as "The comedienne who has revolutionised sketch comedy" then deadpans, "Is this about me?"



10.25pm @caitlinmoran So **@amyschumer** just did a ten minute speech at the Glamour Awards and tore the fucking roof off. Standing ovation. She is Lady God.

10.37pm "I had to take my entire dress off to pee tonight," says Gillian Anderson as she wins the Theatre Actress award.



11.10pm @Fearnecotton Spent ten minutes chatting to Jennifer Saunders in the loo covering many subjects, one being floral leggings. Life complete! #GlamourAwards



11.55pm Alan Carr gets ready to go for it on the dancefloor.





11pm The after party kicks off. Gizzi Erskine and Rosie H-W go to the men's toilets – the queue for the ladies' is huge. Rosie poses by the urinals and Dougie Poynter doesn't know what to do with himself.



10.46pm Kate Hudson tells us, "This is the funniest awards show I've ever been to!"

GLAMOUR WOMEN of the YEAR
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What's black, white and red all over?

RED

WHITE

PRINT

The GLAMOUR Awards! (With a few prints thrown in for good measure) ▶

BLACK

GLAMOUR WOMEN of the YEAR
IN ASSOCIATION WITH next

Thank you!

For making it such an awesome night



WINNERS AND PRESENTERS RECEIVED

Next vouchers; Cointreau engraved bottle; L'Occitane Shea Butter Hand Cream; Laurent-Perrier Rosé; Roloxin Instant Skin Smoothing Masque; Erborian CC Crème; The Club at The Ivy one-year membership (winners only); Smythson Panama notebook; St Tropez Self Tan Luxe Facial Oil; Elemis Pro-Collagen Cleansing Balm; M&M's; BaByliss Diamond Straighteners; The Langham, London hotel vouchers; Elizabeth Arden Eight Hour Cream Nighttime Miracle Moisturizer; De Mamiel Altitude Oil; T London Darjeeling Travel Duo; Balance Me Super Moisturising Hand Cream; The GLAMOUR Summer Edit in association with latestinbeauty.com; Michael Kors fragrance for men and women; Lab Series Skincare For Men; Nars Blush in Orgasm; Smashbox Photo Finish Foundation Primer; Sexy Hair Soya Want It All Leave-In Treatment; Orofluido Asia Zen Control Conditioner; Revlon Style Masters Smooth Iron Guard; Revlon Style Masters Curly Orbital; Revlonissimo 45 Days 2in1 Sulphate Free Shampoo & Conditioner; This Works In Transit Camera Close-Up; Liz Earle Cleanse & Polish Beauty Trio; Deborah Lippmann nail polish; !QMS Medicosmetics Activator Mask; Butterfly Twists footwear; Lola's Cupcakes; Ghurka moleskin notebook and vintage black pouches; Shay & Blue fragrance; Caravelle New York watch; Timex watch; Hotel Chocolat The Sleekster Nutty Selection; *The Girl On The Train* by Paula Hawkins; SkinCeuticals Resveratrol B E Antioxidant Night Concentrate; Heyland & Whittle candle; Dr David Jack IV-ME Wellness Infusion treatment voucher; Orissa bracelets by Dower & Hall; Man Gun Bear beard comb, leather luggage tags and leather wrist band; Christian Louboutin nail colour in Rouge Louboutin; Swarovski bracelet; Bella Freud Lion candle; Kérastase Matérialiste Gel Spray; Leighton Denny crystal nail file; Cowshed Cow Pat Hand Cream; Neville Shave Cream; James Read Day Tan SPF15 and complimentary tan gift cards; Lulu Guinness Chloe clutch bag; Blk Water; Margaret Dabbs Hand Serum; Ted Baker suitcases; Eyeko Rock Out & Lash Out Mascara and Black Magic Lash Boost; Tresor Paris Hearts & Arrows jewellery; Zoeva eyeshadow palette; Sky Living's *Scandal* boxset series 1, 2 & 3; Mandara Spa Body Butter; Elegant Touch Nails



WHAT WE DRANK

Mademoiselle Cointreau cocktail, Cointreau Fizz Classic cocktail, Cointreau Fizz Strawberry & Mint cocktail, Berry Bros & Rudd Good Ordinary White, Berry Bros & Rudd Good Ordinary Claret, The Botanist Gin And Tonic, Rémy Martin VSOP And Ginger Ale, Rémy Martin XO, Laurent-Perrier Brut, Asahi beer, San Pellegrino, Acqua Panna, Coke, Diet Coke, Coke Zero, Schweppes mixers, Innocent juices, Innocent Coconut Water, Innocent Bubbles



GUESTS RECEIVED

Next leather cross-body bag; Next Make Me Beautiful Eyebrow Palette; Next Make Me Beautiful Lip Chubby; Cointreau, recipe booklet and citrus squeezer; The GLAMOUR Summer Edit in association with latestinbeauty.com; Armani Sì Eau De Parfum; Wilkinson Sword Hydro 5 and Hydro Silk razors; Hawaiian Tropic Silk Hydration Sun Lotion SPF15; Vita Coco Coconut Oil; Philip Kingsley hair products; Lipcote; Burt's Bees Lip Balm; Imedeen Hair & Nails; ChapStick Mixstix; BareMinerals Pure Transformation Night Treatment; Sure Maximum Protection Anti-Perspirant; Dove Invisible Dry Anti-Perspirant Deodorant; Vaseline Spray Moisturiser; John Frieda Frizz-Ease Primer; *The Illusionists* by Rosie Thomas; *The Way Back Home* by Freya North; Nails Inc varnish; Itsu snack; Revlon Skinny Liquid Liner; Schwarzkopf Professional OSiS+ Hairspray; Sky Living's *Scandal* boxset series 1, 2 & 3



THE TABLE GIFT

Next Signature Italian silk tie and tie pin; Next silver and rose gold bangles

SPECIAL THANKS TO

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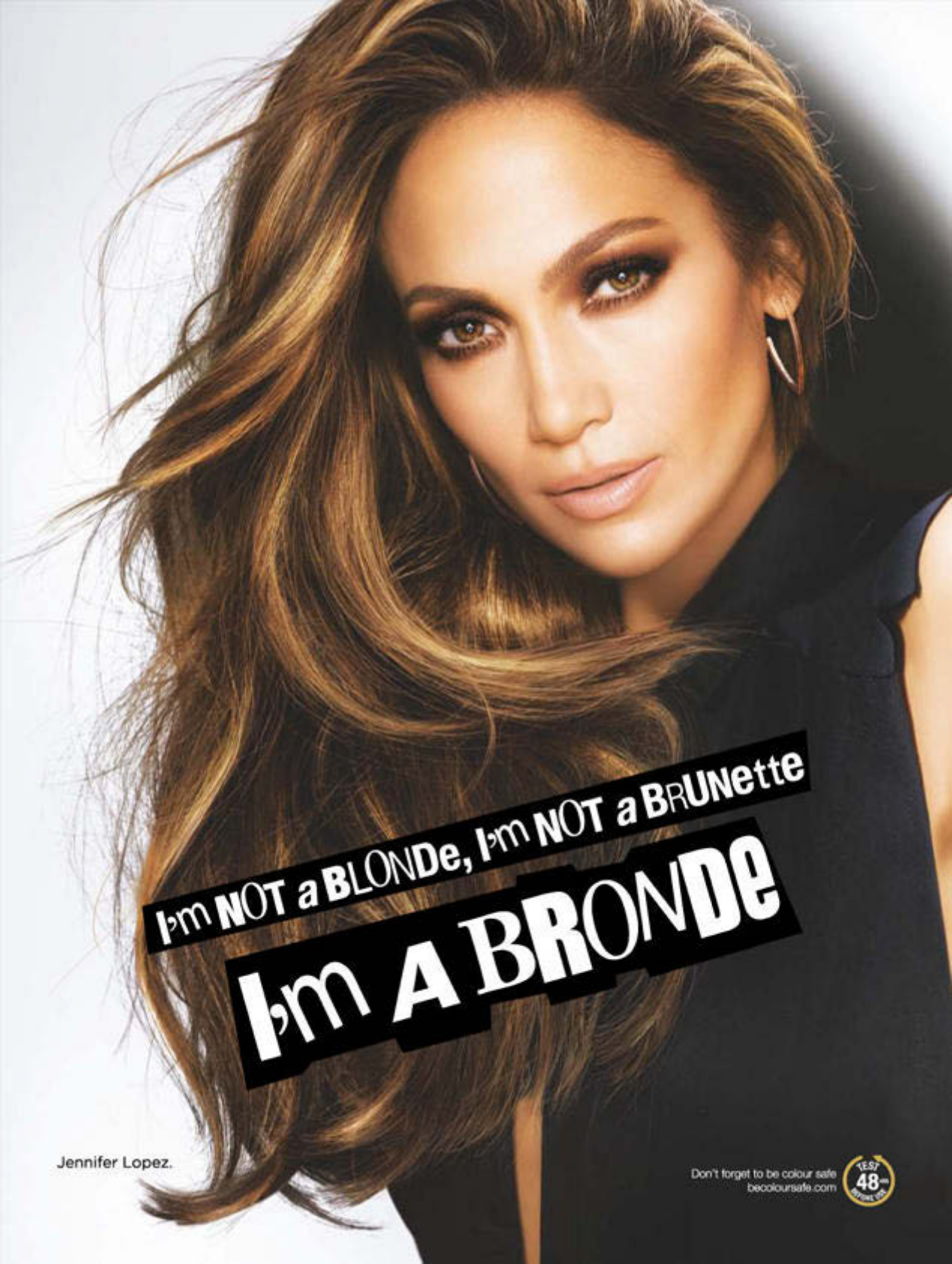
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L'ORÉAL PARIS



The sext files

We surveyed 2,000 men and women to find out how your phone affects your love life. Spoiler: you're all sexting a *lot*

Think back to your last great date night, and chances are it involved your phone. You made plans over text, or sent a bunch of smooching emoji to say thank you. Maybe you even called, the old-fashioned way. The point is – even if you've been married for years, or you've never used a dating app – your love life these days is wired. Sometimes it feels like there are four of you in your relationship: you, your partner, and your two phones.

So the natural question arises: is this ménage-à-quatre a good thing? Or would our love lives be better off with a little less screen time? We asked 1,000 men and 1,000 women to answer those questions, and to dish the dirt on sexting, phone snooping and everything else. The details (and so, so many sexting stories) await…

We text all the time – *constantly*

90% of women and men text their partner every day – and 43% send at least ten texts a day

Though let's be real: not all those texts are hot and steamy. "They're decidedly unromantic," says Holly, 39. "We text about simple things, like what's for dinner or if we're going to the gym." It might seem mundane, but all that planning and emoji-ing is productive because "it keeps people connected," says Dr Debby Herbenick, associate professor at Indiana University. "You take pictures while you travel; you keep in touch when you're busy at work. It brings the romance back into the relationship, and couples can stay really close in those ways." But that connection does mean...

27% of men and women have shown their own naked photos to friends

...our phones are always with us

84% of couples sleep with a mobile within reach, while 40% said their phones are usually on the table at an intimate dinner

Phone rules aren't catching on, either – only 21% of men and women have set limits on phone use around their partner. "Our only rule is, 'Don't be annoying,'" says Nadine, 30. Dr Michelle Drouin, a developmental psychologist who studies technology and relationships, does worry about all this extra phone time: "According to a recent study, 63% of us have nomophobia – fear of being without a mobile phone," she says. "We're addicted." She urges couples to put devices down whenever possible. "Texting is a placeholder for a real conversation," she says. "If your entire relationship happens over text, it's a problem."

70% of 18-29 year olds have sent a racy text at least once. (45% have sent naked photos)

Yes, everyone is sexting

67% of men and women have sent sexy texts and photos to a partner at least once. (And that number, like most of our survey results, does not vary much by gender)

To be clear: "There's not just one kind of sexting," explains Dr Herbenick. "There's flirty, there's explicit. There's cute-sexy photos or naked photos." That range is great for women, who "tend to feel more comfortable sending more subtle photos," says Dr Herbenick. When Jenna Wortham, a *New York Times Magazine* writer, collected real-life examples for her art project *Everybody Sexts*, she found that both sexes stayed away from graphic shots. "It wasn't about sending porn; it was curves, coy images, stuff meant to tantalise." She adds, "The guys who *had* sent dick pics were surprised, like, 'Women didn't respond to a full-on picture of my crotch.'"

And 39% of women and men have exchanged nudes with a partner at least once – with varying results. "After a steamy first date, the kind where you can't keep your hands off each other, with *lots* of snogging, my date texted me, saying, 'Send me a picture of yourself'," says Lucie, 29. "I sent back a pretty tame shot (over the shoulder in the mirror, so he got a shot of my bum), to which he replied, 'Whoa, I meant of your face! But you look great. Love it.' I don't think I've ever been so embarrassed." It doesn't always go smoothly ▶

◀ for men, either. "A guy once sent me a dick pic – but I'd left my phone in my room and didn't see it for a couple of hours," says Penny, 31. "He'd clearly panicked, because after he'd shown me his crowning glory, there was a string of increasingly desperate texts: 'I'm sorry, I shouldn't have sent that', 'I'm an idiot, please just delete it', 'Please don't call the police'. I told him that I didn't mind (we'd been dating for a couple of months – it wasn't creepy), but he'd suffered all evening: sending a nude picture and getting no reply has got to be the worst."

But we're happy with all the sexting

91% – *91%!* – of respondents said that sending their naked photos was a good experience

This might come as a surprise, given headlines about leaked celebrity nudes and 'revenge porn'. But while 40% of people polled do worry about their photos becoming public, they're not letting that stop them. Instead, they say sending racy pictures has made them more open (in bed *and* in general). Lindsey, 27, says that in her relationship, sexting "just started out as a flirty-words kind of thing. But then we started sending suggestive photos, which led to Skype calls that, well, you know..."

65% of married people have tried sexting (and 33% say they do it regularly)

Katey, 29, says she loves swapping naked selfies with her boyfriend a couple of times a week: "We work opposite hours – he manages a bar and I work in an office – so we don't get to have sex as often as we like. Pictures are more immediate and effective than talking dirty (which I find quite hard). Sexting is genuinely an important part of our relationship. We never include our faces, which makes us feel less worried about security, say if one of our phones got stolen or hacked." But Beth, 30, is more cautious. "If I'm sexting, I stick to words. Not every guy will show his mates or, worse, leak your photos, but it's still too risky. Hot messages are better for the imagination, anyway."

Cheating is an issue, though

24% of people have caught a partner cheating by looking at their phone

Which makes for horror stories like this: John, 37, was travelling for business, and the woman he'd been dating agreed to house-sit for him back home. They'd synced their phones, meaning all the photos she took ended up on *his* device too. "I noticed my pictures were increasing because she was taking sexy selfies," he says. "It wasn't part of our usual deal. Then, a week later, she made a sex video" – with his neighbour. So no, those photos were *not* meant for him.

77% of men and women look at their partner's phone

Or 33-year-old Abby, who had just started sleeping with a guy she met on Tinder. "He asked to see a photo of the dress I was wearing to Cheltenham Festival Races. I sent a flirty snap back and he began sexting exactly what he was going to do to me later that night after the races. I encouraged the teasing, but then came a text from his number, saying: 'And what will his wife think about that?' Yes, he was married." Buh-bye.

Still, we're generally very trusting with our phones

77% of men and women look at their partner's phone (with permission). And 54% of couples share passwords

Sally, 35, isn't worried: "I don't have anything to hide, and if I did, I'm smart enough not to leave traces in my email account." But sharing passwords is still horrifying to some: "I'd *never* do that. That's my most private stuff," says Jenna Wortham. "I guess it's the equivalent of giving someone your house key."

Overall, we are communicating more

61% of men and women say that being regularly in touch with their partner is a good thing

The fact is, says Wortham, "Our phones have become a conduit for everything we do. Family, friends, partners, emotions. It's all happening over screens." Which might be why hundreds of you said the best text you'd ever received was a simple "I love you". It might not be on old-timey stationery, but a sweet text is still a love letter – and our devices let us send dozens of them a day. So yes, romance is alive! You just have to look on your phone. G

THE SEXTING HALL OF FAME

Everyone's doing it – but what do all those sexts* say? Here are some real-life high(and low)lights the women and men polled have received: *Text-sexts only, sorry. What kind of magazine do you think this is?!

THE GOOD

- Hey baby, I just bought lingerie
- You better be home because I'm gonna ride you till the sun comes up!
- Let's have good sex after pizza tonight

THE BAD

- Hey Kim [My name is not Kim]
- My arse hurts too much for sex tonight
- I will love you more if you cook me dinner

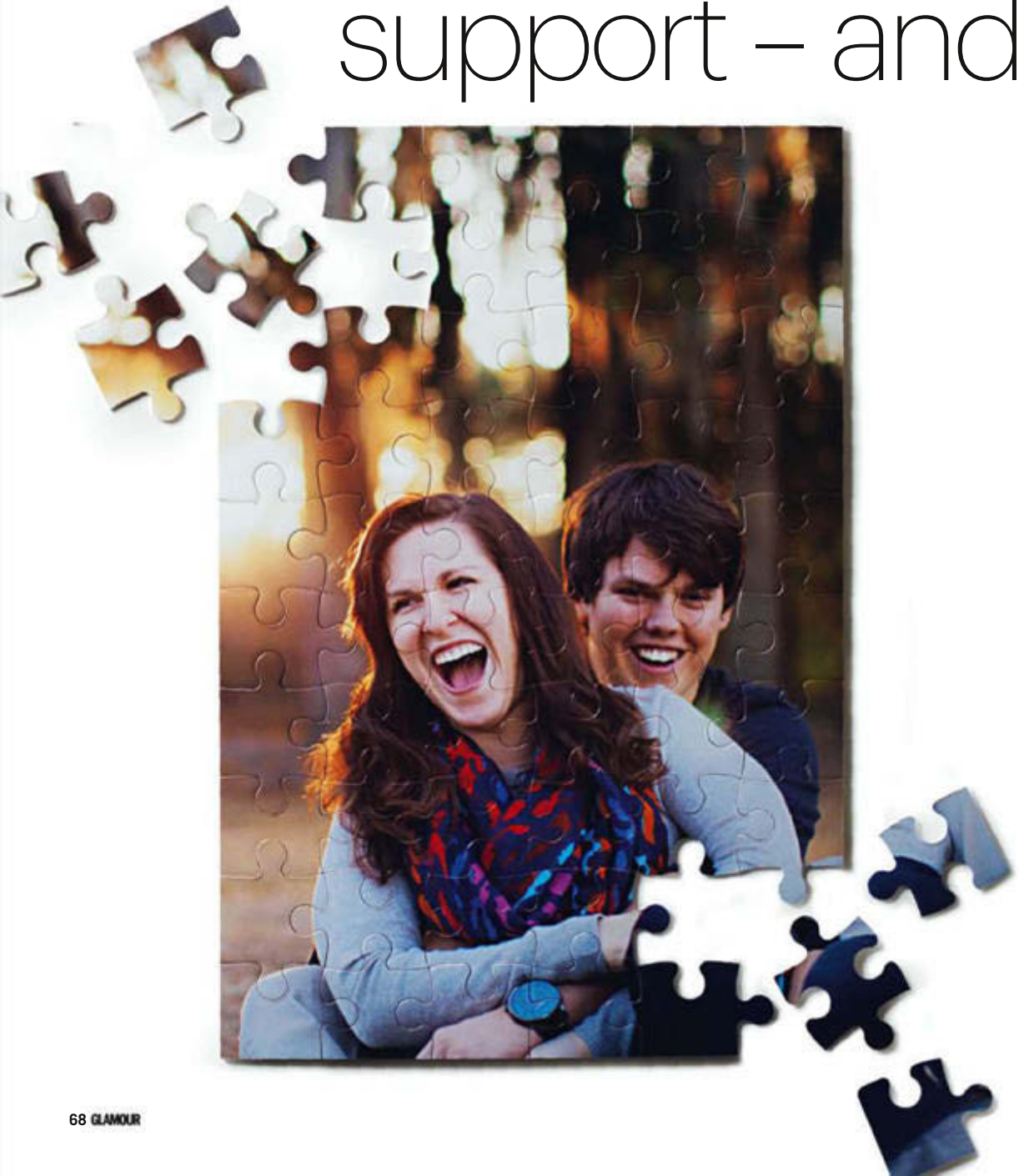
...AND THE UGLY

- My penis is stuck in the vent

By Jen Doll. Photograph: Jennifer Livingston/Trunk Archive. Some names and identifying details have been changed. Survey data collected from 4,442 respondents aged 18-44, January 26-February 3, 2015 using Survey Monkey Audience. Dr Debby Herbenick is the author of *The Coregasm Workout*


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“I refused to take my support – and



husband off life then he woke up"

She held her husband's life in her hands. **Danielle Davis**, 28, shares her story of heartbreak – and the power of hope

Nine endless, blurry, sleepless days. Nine days of mainlining coffee as the minutes tick by. But through the shock and exhaustion, as I walk into that hospital conference room, one fact keeps rising to the surface: my husband Matt is in a coma and there are no signs of recovery.

The doctor's words are direct and brutal. "Ninety per cent of people with Matt's injuries never wake up. Ten per cent wake up but are incontinent and can barely communicate. Less than five per cent ever regain anything like their previous life."

It's blow after blow. "If this was me," the doctor says, "I would want my family to pull the plug. I would want them to do that for me."

In a daze, I look around. Sitting beside me are Matt's brother and mother, my mum and my best friend. We've only been married seven months but as his next of kin, this decision – Matt's life – lies totally in my hands.

We'd had an old-fashioned, whirlwind romance. OK, I made him work for it at first: when he asked for my number in May 2010 at our university in Savannah, and I found out he had a girlfriend, I let him chase me for months. But once I'd relented and we started dating later that year, I knew this was it. I was a quiet book nerd, he was the cool guy everyone gravitated towards. But he had such a good heart – he treated the homeless man the same as he treated the CEO – you couldn't help but want to be around him.

One month after our first date we were engaged. Another month later, we were married. We didn't want to wait. We told people on the Thursday that we were getting married that Sunday, by a tree in the park. I didn't need a big fancy party or a white dress, I bought my outfit at the supermarket Target that morning.

I was 23, Matt was 22; we were in love and everything was ahead of us. Standing in the sunshine, saying, "For better or for worse," I didn't think about disasters. Who does on their wedding day? I just looked at Matt and thought, 'One thing will never change, he'll always be this amazing person. I just want to be part of his life.'

> "Saying, 'For better or for worse,' I didn't think about disasters. Who does on their wedding day?"

For the next seven months, Matt worked long hours installing granite in people's homes, supporting us while I completed my psychology degree. But we had a beautiful house next door to my mum's place, we talked about kids and Matt taught me how to ride his beloved motorbike. Everything felt like an adventure.

My mum was over at my house on the morning of July 11, 2011, when I realised Matt hadn't texted to say he'd arrived at work safely. "Don't worry," she said, "just because he ▶



Above **Matt and Danielle's wedding in 2010;** left **the couple in December 2014**

◀ rides a bike, there's no need to be paranoid. He'll be fine."

But I couldn't shake the feeling. Every call to his mobile went unanswered as I paced the house, until an hour later, a woman answered. "Memorial University Medical Center emergency room." "Who is this?" I froze, asking "Is Matt OK?" over and over. "You need to get to the hospital," she said. "You need to hurry."

My mum drove through every red light, weaving through the terrible morning traffic as we drove the 15 miles. I just thought, 'If Matt's going to die, I don't want him to die alone. I need to be with him.'



July, 2011: Matt in hospital after the accident. Doctors said recovery was unlikely

Everything was a blur: the rush through the hospital, the whispering nurses as we said Matt's name. Then, finally, we saw him. He was so pale, lying on a bed surrounded by staff desperately trying to save him. Glass in his neck, a tube down his throat, a bone sticking out of his leg. But the worst thing was his eyes. They were glazed over, like no one was there. I remember thinking, 'I bet this is really hard for my mum to see.' It was as if my brain knew it was too much, so it focused on my mum instead of myself.

We learnt what had happened: he'd hit the rear of a vehicle illegally parked on the motorway. In the crash that followed, Matt had fractured his femur, rib, clavicle, jaw and skull. Worse, he'd sustained a severe traumatic brain injury. Even in your worst nightmares, you never think you'll be faced with the choice of letting your husband live or die. In that hospital room, I tried to process what the doctors were saying. As a psychology student, I knew what brain damage looked like. I also knew that Matt didn't want to be a vegetable. The doctors were saying what they truly believed so, in that moment, I trusted them. I would agree to remove life support.

> "Suddenly, his hand moved. I started screaming – my guy was coming back to me"

There was no sleep that night, just cigarettes. I didn't talk about my decision, but I felt judged; it was an enormous pressure on my shoulders.

Suddenly, in the small hours of the night, I thought, 'Matt is my husband. If he stays in a coma, or if he needs looking after for the rest of his life, I will be the one taking care of him.' In a flash I knew that I could do this. I felt like God was telling me to take a chance. This was going to be my path. I wasn't going to let Matt die.

As soon as I'd decided, a mania took over. My sister, mum and I Googled everything that might help him – we played music, showed family photos and bright colours for hours. While his eyes were open, there was still no sign of life, but I wouldn't give up. "You may be in a coma," I said over and over, "but we're going to wake you up!"

I was a woman possessed and refused to allow any negativity. I felt like the medical staff thought we were crazy as we showed Matt a caterpillar crawling across the screen to see if his eyes followed it. In the following weeks, there was no fear or asking, 'Why me?'. I was just so angry, and I used that fury to fight. I fought to get Matt into a rehab centre and when they wanted to put him in a nursing home, I refused to let them dump him there. We took him to my mum's house and together we nursed him 24 hours a day.

My life was now changing nappies, checking feeding tubes, giving sponge baths, administering 20 medications and turning Matt every two hours. We did all the physical therapy, there was no money for help. Friends slowly started to fall away and I felt more on my own than ever.

All the while, Matt never improved. But when I felt overwhelmed, I reminded myself that this was my battle. I wasn't going to fight from the back, I wanted to be there on the front line. My mum, who worked all day and helped nurse Matt all night, was incredible. She made sure I ate and slept. Without her I'd have been lost.

Two and half months after the accident, there was a breakthrough. I'd sat Matt up and asked him to take a toy motorbike from me – something I'd learnt in the rehab centre. Suddenly, his hand moved as he tried to grab it. I started screaming – my guy was awake and coming back to me.



One and a half months after the accident, Matt is still in a coma and unresponsive

A few days later, I asked Matt to reach for a hat. In a whisper I heard, "I'm trying"; his first words since the accident. Happiness surged through me. The doctors were wrong, he could do this.

Back in residential rehab, after another huge fight for funding, Matt started to talk, laugh and use a walker. I lived there with him and my

chest would swell with happiness as he made each astonishing step of progress.

But then I realised Matt didn't know who I was. He thought he was 17 and had lost all the memories of the years before the accident. I'd repeat, "I'm Danielle, your wife," but an hour later he'd have forgotten. He'd call me the names of his ex-girlfriends – and there were lots! Then he started proposing, multiple times a day. He was sincere – he'd stop therapy and whisper, "Will you marry me?" After the millionth time, I'd start each day by saying, "Look, we're already married and we're wasting precious therapy time. Let's do this now and you can propose later." That dark humour got me through. If I didn't laugh, then it was real, which meant my husband had been in a coma and didn't know who I was. Why would I choose fear or despair when I could laugh?

On the anniversary of the accident, Matt walked down the rehab hallway, holding on to siderails, as the doctors cried. I was so proud, but it didn't surprise me. He'd beaten the path laid out for him – anything felt possible.

Matt was the same person as before: sarcastic, compassionate and sweet, loving the same music and movies. But as we started that second year back at my mum's house, I realised that I'd changed.

Part of it was physical. I was thin and tired and I had trouble moving my neck from lifting Matt. But there was an emotional toll, too; one that had been there from the start but that I'd only begun to admit to as the years went by. I felt cheated out of the life we should have had, a soul-crushing feeling of, 'This is your life. This isn't going to go away.' However grateful I was for his continuing recovery, nothing would ever be the same. Luckily, I had a few friends and family who I could talk to, cry to, who listened to the fact that I was suffering too. Admitting those feelings was essential, it allowed me to see all the wonderful things that were in my life.

Through the following months of operations and rehab, the financial struggles and the upset of seeing many of our friends and family fall away, I loved Matt more than I ever thought possible. He may not be able to take out the rubbish or pay the bills, but he sings me love songs and writes me poems. He respects me and says he loves me every day. I've had to think about what a husband is, and we're set. I can see pity in people's eyes sometimes, but I just shrug it off – no one needs to feel sorry for us.

> "I see pity in people's eyes sometimes, but I shrug it off – no one needs to feel sorry for us"



Above **Matt practising yoga, February 2015; a cake at the 'So Glad You're Alive!' party, July 2013;** below **the couple nine months after the accident**

When I think back to that day in 2011, I know I'm tougher than I ever dreamed. That shy, quiet girl has vanished. In her place is a woman who will fight anyone for the people she loves. I don't put up with lies and bullshit – and I won't let anyone tell me what Matt can't do.

Every year on the anniversary of the accident, we throw Matt a 'So Glad You're Alive!' party. If anyone thinks that's weird, I couldn't care less. We've taken that disaster and said, "Fuck it, we're going to reclaim this day for ourselves."

Four years on, it's still a battle. The insurance won't pay for therapy so we have to find our own path to keep his recovery going. He does CrossFit, yoga and weightlifting. He drives, rides a bike, things he was never supposed to do, but there's a long way to go. We'd love another wedding, to celebrate this incredible life that we have together – and to say vows that Matt will remember! And we have big dreams for the future, for kids and me to write a book, for us to continue being happy.



There are daily struggles, but I've never regretted the decision I made in the hospital. Of course I still think about the past, but I believe that without the accident, we wouldn't have the love we have now. G

See Danielle's fundraising page: gofundme.com/MattDavisRecovery

Photographs: Sudhir Pithwa, lil912.com. With thanks to photobox.co.uk

GLAMOUR's SIZZLING SUMMER QUIZ

Like *Mastermind* – but with SPF



Dress test

1 Rihanna's canary yellow Guo Pei dress at the Met Gala launched a thousand memes – but how long did it take to make?

- ○ Two weeks
- ○ Two months
- ○ Two years

Movie mystery

2 Can you guess this year's hit films from the posters?













Whose rock is it anyway?

3 Who's the bride-to-be flashing the engagement ring?


A


B


C


D

- ○ Sofía Vergara
- ○ FKA twigs
- ○ Lady Gaga
- ○ Nicki Minaj



From left **Patricia Arquette; Paula Radcliffe; Nicola Sturgeon; Hillary Clinton; Emma Watson**

Say what?

4 These inspiring women all made headlines this year. Match the kick-ass quote to the right person.

"WOMEN ARE THE LARGEST UNTAPPED RESERVOIR OF TALENT IN THE WORLD."
A .....

"I WILL WORK TO ENSURE THAT EVERY WOMAN, EVERY GIRL ACROSS THIS COUNTRY GETS A CHANCE TO DO WHAT I'VE DONE AND FOLLOW THEIR DREAM."
D .....

"It's our time to have wage equality once and for all."
B .....

"If we stop defining each other by what we are not, and start defining ourselves by who we are, we can all be freer."
C .....

"Never set limits, go after your dreams, don't be afraid to push the boundaries."
E .....

Fashion tongue twisters

5 What's the correct pronunciation of these designer names?


A Marques'Almeida B Proenza Schouler


C Roksanda Ilincic D Monique Lhuillier ▶

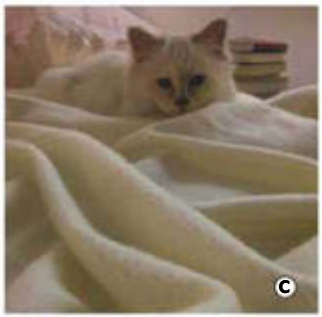
Insta-Pets

6 Who do these cute critters belong to? (Bonus point if you can name the pet)



A


B


C


D


○ Karl Lagerfeld


○ Taylor Swift


○ Harry Styles


○ Cara Delevingne

#HotTopic

7 What's the story behind these Twitter hashtags?

#capegate ✕
A .....

#BreakTheInternet
B .....

#milifandom ✕
C .....

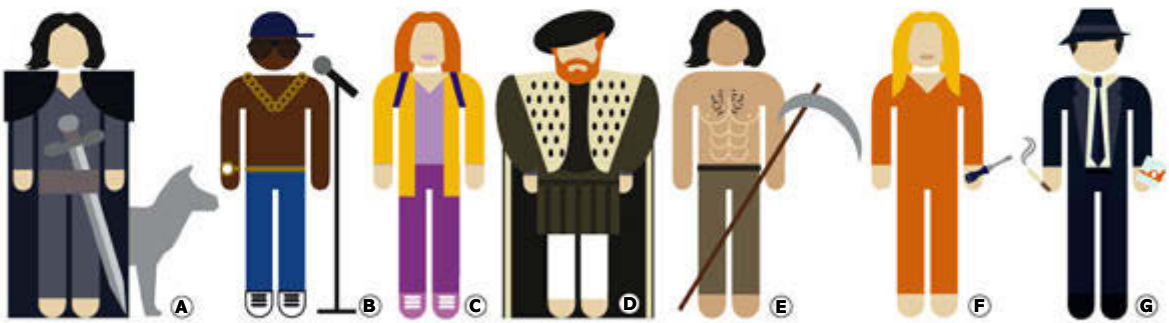
#thedress
D .....

#bringbackclarkson ✕
E .....

#save1d ✕
F .....

Guess who?

8 Can you decipher the TV show from these small-screen characters?



Pop goes the emoji

9 These artists all had No1 hits this year – guess the name of the track from the emojis…



A 👑

B ⬆️🏢🎶

C 👫

D 👏🙌👏🙌

○ Bruno Mars ○ Jess Glynne ○ OMI ○ Years & Years

Royal relations

10 Princess Charlotte Elizabeth Diana was born on May 2, a little sister for Prince George – but how are these other royals related to the princess?



Princess Beatrice

Prince Philip

Sophie, Countess of Wessex

Mia Tindall

ANSWERS

1 Two years.

2 A) *Boyhood*; B) *Selma*; C) *Birdman*; D) *Pitch Perfect 2*. E) *Fifty Shades Of Grey*; F) *Magic Mike XXL*.

3 A) Nicki Minaj; B) FKA twigs; C) Lady Gaga; D) Sofía Vergara.

4 A) Hillary Clinton; B) Patricia Arquette; C) Emma Watson; D) Nicola Sturgeon; E) Paula Radcliffe.

5 A) mark-us al-MEE-dah; B) pro-EHN-za SKOOL-er; C) rahk-SAHN-da in-LIN-chick; D) mon-eek le-HOO-lee-ay.

6 A) Cara Delevingne (Cecil); B) Taylor Swift (Olivia Benson); C) Karl Lagerfeld (Choupette); D) Harry Styles (Colin).

7 A) Madonna falling over at the BRITs; B) Kim Kardashian's bum on the cover of *Paper* magazine; C) Teenage girls with a crush on Ed Miliband start an online campaign in his support; D) The world can't decide if a dress is white and gold or blue and black; E) Jeremy Clarkson is sacked from *Top Gear*; F) Zayn Malik leaves One Direction.

8 A) *Game Of Thrones*; B) *Empire*; C) *Unbreakable Kimmy Schmidt*; *D) Wolf Hall*; E) *Poldark*; F) *Orange Is The New Black*; G) *Mad Men*.

9 A) Years & Years *King*; B) Bruno Mars *Uptown Funk*; C) Jess Glynne *Hold My Hand*; D) OMI *Cheerleader*.

10 Princess Beatrice = Second cousin; Prince Philip = Great grandfather; Sophie, Countess of Wessex = Great aunt; Mia Tindall = Second cousin once removed.

By Hanna Woodside. Photographs: Rex Features, Capital Pictures, Eroteme, Splash News, Getty Images, Jason Lloyd-Evans, Instagram, Jeremy Selwyn/Evening Standard/Eyevine. Illustrations: Dom Kelly


NEW
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CHOCOLATE DAIRY DESSERT
WITH OVER 75% SKIMMED MILK*
*Skimmed milk from concentrate
A chocolate dessert you can enjoy anytime



(Ex) over-apologist **Viv Groskop** explains why she's giving up the 'S' word

Are you someone who says sorry a lot? Do you find yourself saying sorry for saying sorry? Take it from a serial offender: it's time to stop. Until recently, it wasn't unusual for me to apologise 20 times a day. I've said sorry to a man who stepped on my favourite shoes and ruined them. I've apologised to my hairdresser for my choice of glasses. I've said sorry to a friend for wearing the same colour dress as her. I regularly express regret to women at make-up counters for turning up not wearing make-up. Or too much.

In fact, I've said sorry so much that I've written a stand-up show about it, *Say Sorry To The Lady*, which explores why we're so obsessed with the word. OK, when I say 'we', I mean 'me'. Sorry. For years I said sorry for everything and anything in the hope that if I said sorry early enough, and often enough, no one would attack me and everyone would like me. Guess what? It doesn't work.

Yes, it has taken me a couple of decades of adult life to realise that I don't need to apologise for (almost) anything. I am perfectly within my rights, for example, to complain about bad service ▶

Photographs by **Matthew Eades**

◀ restaurants. I don't need to say sorry for bringing clothes back to a shop if I don't like them. And I don't have to say sorry for not going to some rubbish social event that I don't actually want to go to. Most of all, though, I'm dropping the modern, meaningless apology that is just a conversational habit: "Sorry, can I squeeze past?" (Nope, it's "excuse me".)

My resolution is to save sorry for the things I really am sorry for. Like these apologies I've been meaning to say for a while. Sorry about that. Argh. Clearly I still need practice. But after this, I'm taking a stand. Here goes…

To my sister for forgetting her birthday (three times – I think)

OK, this is a proper apology, because I only have one sister and she only has one birthday once a year. How difficult is it to remember your only sister's birthday, right? I am truly sorry. Worse, it has happened more than once. In my defence, generally I do remember that it is your birthday, Sis, but I put myself under extreme pressure to buy you The-Absolute-Best-Present-Ever and then I spend so long stressing out and working out what that might be, that often your birthday passes until I suddenly think, 'Hang on… I now have a great present idea. But I have actually missed the date.' On the plus side, it means you get really generous gifts when I actually do remember.

To my mum for saying "I hate you" when I was a teenager

We've all done it. But it doesn't make it right. I didn't really hate you, I just wanted to leave the dinner table and be a drama queen. That's not a very good excuse, is it? I'm sorry. But most of all I apologise for the fact it happened every day for about five years. My bad.

"I didn't really hate you, Mum. I just wanted to leave the dinner table and be a drama queen"

I would also like to take this opportunity to take responsibility for what happened with the drawer in the kitchen table during most of my childhood. The crusts that were discovered there, moulding and greying and festering after months of 'storage', were – as I suspect you already know – a direct result of me not wanting to eat crusts. I don't like crusts, OK? Sorry.

To my college tutor for not becoming prime minister

I don't know how my college tutor ever got the idea that I could or would become a senior political figure, when my main interest in politics is championing Vince Cable as the best-ever contestant on *Strictly Come Dancing*. But somewhere along the line, he developed this idea and has never let it go. It is still a great disappointment to him that I am not the local MP for Folkestone and Hythe. I have let you down. I am sorry. If Vince Cable ever does *Strictly* again (he is a trained ballroom dancer and was robbed on the 2010 Christmas special), I promise to vote for him multiple times as penance.

To the colleague whose tights I stole

In my first job, I sat next to a colleague who was always laddering her tights. I was also always laddering my tights. We shared a set of drawers between our desks. My colleague would keep bumper packs of spare tights in there. Being less organised, I would regularly help myself to her tights. By which I mean new tights. She eventually realised what was happening and accused me of taking lots of pairs of tights. Which I had. I blamed the cleaners

Styled by Lucy Walker. Model: Ellie at Established Models. Hair: Mirka Hajdova. Make-up: Akgun Manisali at The London Style Agency. Manicure: Sophie Harris Greenslade at Emma Davies Agency. Viv Groskop's stand-up show *Say Sorry To The Lady* is at the Edinburgh Fringe from August 7-30; edfringe.com

and said that they must have got thrown out by accident. We both knew it wasn't true, and why I didn't just go out and buy a load of replacement tights, I really don't know. I am truly sorry. My shame is 80 denier thick.

To the wall on the fourth floor of the multi-storey car park outside Kingston Crown Court

You know how sometimes you park in a multi-storey car park and you think to yourself, 'Eeshk, I'd better not park in that space because it looks a bit tight and even if I get into it, I'll never get back out of it again'? I think that a lot. Unfortunately, on this occasion I did not act on that thought and parked in said ill-advised spot. But instead of getting out of the car by performing a gymnastic manoeuvre and climbing into the passenger seat (I also do this a lot), I decided to remedy the situation by getting out of the space as quickly as I could. This involved scraping the entire length of the car the entire length of a wall, leaving parts of the wall all along the car, and car paint all along the wall. I then drove to an easier spot and pretended that none of this had happened. I am sorry to myself, to the wall and to the car.



"I helped myself to my colleague's new tights. I blamed the cleaners. We both knew it wasn't true"

To the woman in the tile shop

Sometimes an apology is justified. And this one is. I had to choose some tiles for a bathroom. This isn't something that excites or interests me, and upon arrival in the tile shop, I discovered that you don't choose from around 50 white tiles (I had, at least, narrowed the colour down to white) – you choose from around 5,000 white tiles, all different in minuscule, barely perceptible ways. I threw a hissy fit and screamed at the woman in the shop: "How can anyone possibly choose? How can you work here?" At the time, I believed this reaction to be completely normal and reasonable. It was not, and I apologise.

In conclusion: a lot of the times I've said sorry, I didn't need to say sorry. Now I have a rule: I ask myself, 'Am I really sorry? Or am I secretly not remotely sorry at all and actually don't give a shit?' Usually it's the second bit. Sorry about that. Not.





WAS IT REALLY 10 YEARS AGO?











On July 7, 2005, four suicide bombers brought devastation to London's morning rush hour, detonating three bombs on the city's underground and one on a bus. Fifty two people died, and over 700 more were injured. To mark the tenth anniversary, five survivors reflect on the day that changed their lives forever. By **Marie-Claire Dorking**

"I believe I was meant to be on that Tube"



Martine Wiltshire (née Wright), 43, lost both legs in the Aldgate Tube bombing. She is now one of the most recognisable survivors due to her Paralympian efforts in the England sitting volleyball team. She credits her survival to an off-duty policewoman, PC Elizabeth Kenworthy, who helped her in the immediate aftermath by tying a belt around her leg.

"The image that sticks in my head is my new white trainer on top of 6ft of mangled metal, covered in blood. Unbeknownst to me, it was still attached to my leg. I was the last survivor to be rescued that day. My body was so intertwined with the train wreckage, I had to be cut out. I lost 80% of my blood and doctors had to induce me into a coma. Ten days later, when I woke, I looked at where my legs should be and saw there was nothing there.

Putting myself back together was a gradual process. Mentally, the turning point came when I found out that people had died. I had two choices: I could sit and feel sorry for myself, or I could get on with it. Someone once told me it's not what happens to us that makes the difference, it's what we do with what happens. And I've done things that I never thought possible – flying a plane, the Paralympics. So many positives have come from something so awful.

"I had two choices: feel sorry for myself, or get on with it"

I have a picture of my family in the crowd at the Paralympics. My son, Oscar, is on my husband's shoulders, waving a banner that says, 'Go Mummy, Go,' and it reminds me of my journey, a journey I believe I was meant to make. I know people might find it strange, but I feel lucky. Because there were 52 people who weren't lucky that day. It's why I have number seven on my volleyball shirt – it's my lucky number."

"It was the day my childhood ended"



Emma Craig, 25, is a marketing manager. On her way to work experience, she was in the next carriage to the Aldgate bomber. At 14, she was the youngest survivor. While she escaped physically unharmed, the emotional damage took its toll for many years.

"As I headed to work experience that day, I was early and debated getting off at Liverpool Street to look in the shops. But as I deliberated, the doors closed. The scenes that followed were chaotic – one woman asking if she was going to die, another joking that it was a good excuse for not being in work, and screams that would haunt me for years. I sat in confused silence. I acted like an adult at my placement, but I suddenly felt very much like a child. And I really wanted my mum.

Afterwards, I tried to get on with being a teenager, but everything had changed. As my friends squabbled about boys, I wanted to scream, 'None of this is important, don't you realise what I've seen?' It was six years before I sought help from a counsellor at uni, who diagnosed PTSD. I also developed vocal nodules, which a specialist said was stress related. I'd been holding in all this emotion for so long, it was little surprise it manifested itself physically.

People ask if I wish I hadn't been on the Tube that day, and it's hard to answer. How would I know if I'd still be the person I am now? I have to accept it's part of my history. The bomb might have robbed me of my childhood, but I refuse to let it steal my future." ▶

"I lost my legs but gained another life"



Gill Hicks, 47, lost both her legs in the Piccadilly Line bombing. In 2007 she set up M.A.D For Peace. She is a regular public speaker and in 2009 was made an MBE. She now lives in Australia with her two-year-old daughter, Amelie.

"I was late for work that day – just one of the fragments that could drive you mad if you reflect on them too much, but which added up to ensure I got into that carriage at the same time as the bomber. Looking at my bloodied body, it was clear that my legs were gone, but I tried not to panic. In the moments that followed, I heard two voices that I perceived to be life and death. Death encouraged me to close my eyes and let go, but life told me I still had a lot to do and having no legs wouldn't make a difference. So I held on. The hour it took for rescue to arrive was the most powerful of my life. I vowed that if I survived, I would devote my life to making a difference.

I've never used the word 'cope', as I feel it's too negative, but I've had to readjust my thinking to accept I'll never fully recover. My legs won't grow back. I have to accept my new form, but it's a privilege to be alive.

For me, there's no greater symbol of the brilliance of humanity than the label on my hospital wristband – One Unknown Estimated Female. It showed me that it didn't matter who I was, people risked their lives to save me. And that has sat at my core for the past ten years, protecting me against bitterness and setting the tone for my second life, because that's what this is. I'm doing a series of challenges (gilltalks.com/power10) to mark the anniversary of the attacks and show the tactics of terrorism don't work."

"I struggled with guilt"



Nicola Ratcliff, 38, is a writer and social media manager. She was in the third carriage, two away from the bomb that went off between King's Cross and Russell Square. Although not physically injured, Nicola suffered PTSD and battled with survivor's guilt.

"The first I knew of the explosion was being thrown against the Tube doors, which split open, allowing thick, black smoke into the carriage. As it filled my lungs, I started to cry, wondering if I'd see my parents again. I kept thinking, 'This can't be my time to go, I haven't met The One yet.' Eventually help came, and we were led to safety. To escape the chaos, I slipped into a café, sobbing as I learned people hadn't survived.

I struggled to move on, feeling tormented by guilt. Why had I survived when so many hadn't? An assessment showed I had PTSD. Counselling helped a bit, and my GP prescribed antidepressants, but I worried they would just mask my feelings. One night, 18 months after the attack, I decided enough was enough. Mum had suggested I go to a walking group she'd met in the pub. That first walk was in torrential rain, but by the end I somehow felt better. Soon I was doing it every week – and in 2012 I met my husband, Mike, there. He was at my side as I read a poem by Maya Angelou at an anniversary memorial. Seeing victims' relatives showing such bravery was the push I needed to realise I am worthy of being here. Now I owe it to those who didn't survive to make the most of life."

"My life is finally back to normal"



Nina Lozdan (née Kovacevic), 39, was badly injured in the bus bomb at Tavistock Square. In April this year she was also in Koh Samui when terrorists bombed a shopping centre car park. She runs children's craft business The Creation Station and lives in London with her husband and two daughters.

"In the shopping centre in Koh Samui, I heard a boom that turned my blood cold. I knew it was a bomb and grabbed my husband's hand to run. My calm reaction was surprising. It could have taken me straight back to the months after 7/7, when the slightest noise would make me jump. But it didn't. It was a sign I'd moved on mentally, but it's taken a while to get here.

My overriding emotion after the London bomb was confusion. I remember climbing out of the bus, seeing blood on my hands, but I don't remember anything else. I later learned I'd had tunnel vision – your mind's way of protecting you. It took a year's counselling to help me process what happened. And I was only able to get back on the Tube for the first time last year.

"I've moved on, but it's taken a while to get here"

There's little doubt that what happened that day has changed me, but not in the way I expected. I didn't have an, 'I survived, now I'm going to change my life' epiphany. I had negative feelings for a long time. Then, after a while, you find you've slipped back into normal life – and you realise that, somehow, everything is kind of OK again." G

thecreationstation.co.uk. Photographs: Rex Features, Mirrorpix, News Syndication, PA Photo, John Frost Newspapers, Getty Images, Reuters

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WE BROKE UP

Socks. One Direction. *Nostril hair?!*

What's the most ridiculous reason you've split up with an ex? Whether it's a row about the dishwasher or the way they chew, sometimes it's the little things that spell the end of the road. "Of course, there are often underlying issues," says relationship expert Juliette Smith, "but their annoying habit can be the trigger. It may seem petty, but that final straw can make you realise you're incompatible." These (very honest) people share their funny flash-points...



"He would inundate me with Snapchats all day long. I guess he thought it was sweet, but it got on my nerves. He sent one too many – literally just of his smiling face – when I was having a busy day and I snapped back, in a bad way." **Maya, 21**



"I thought he was joking when he said that he was getting a micro-scooter – the adult version of the type kids zoom about on. He wasn't. It was the death knell for our relationship." **Emma, 26**



"I'm into heavy metal, but she liked pop. No big deal, right? But after hearing One Direction non-stop – in the car, at her house, at *my* house – I'd had enough. I said we just didn't have enough in common." **Andreas, 29**



"When I ate the 'family-favourite' chicken pie his mum spent ages making for him from the fridge, I thought it was just a pie. But when he saw it was gone, he was *furious*." **Richard, 27**

OVER...



"My ex hated how long I spent shopping. One Saturday in Zara, we argued in front of everyone. We'd been fighting for months – but doing it in public was too much." **Callum, 25**



"He was on his phone All. The. Time. It was impossible to have a conversation without him scrolling endlessly through his timeline. *#dumped.*" **Hannah, 26**



"He was a neat-freak and it drove me mad. When I caught him ordering his sock drawer by colour, I realised we had no future together: my sock drawer is a total mess." **Aimee, 22**



"It was so long it poked out of his nose. Eventually, it was all I could look at. I didn't want to kiss him – it might touch me – so I made an excute and ended it." **Laura, 20**



"They were disturbingly small, like a child's. We went out for more than six months, but I couldn't get past it. Every time she went to hold my hand, I'd shudder." **Michael, 28** ▶

Photographs by **Victoria Adamson**



"The end of our two-year relationship came at one of those enormous, spiral roundabouts as she screeched, 'Turn now, turn now!' and I bellowed, 'I fucking can't!' The fifth time we careered around the roundabout, trying to find our exit, she said, 'I can't do this any more,' and she wasn't talking about giving me driving directions." **Todd, 29**



"No exaggeration – it would take him about 20 minutes of fiddling in the mirror every morning to get his hair just right. He was very good looking, which initially blinded me to how incredibly vain he was. But I soon wised up." **Jasmine, 24**



"I don't have many dealbreakers, but if someone throws up in *my bed*, all over me, then they've kind of crossed a line." **Kaiser, 28**



"At dinner with friends, someone showed an indecent picture of me I'd sent to a woman *years* ago, which had done the rounds. I wasn't embarrassed, but my girlfriend was livid. The fight we had finished us off." **Ryan, 29**



"I found out that I was severely allergic to nuts, so I asked my boyfriend not to eat them, to prevent a reaction. He selfishly said it was 'unnecessary'. I literally had to split up with him for my own health." **Camilla, 21**

By Hanna Woodside

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Above **The Netball Superleague Series final** Right **Enjoying the sun at Arsenal – and** (far right) **Tom Daley at the London Aquatics Centre**

"BRING ON THE BALLS"

MY MONTH AS A SPORTS FAN

Can a self-confessed sceptic become a live sports lover? We sent reluctant spectator **Tanya de Grunwald** to find her inner cheerleader



The London Rockin' Rollers in action at the roller derby; Tanya grabs a photo with Clare Balding – and gets into the spirit at the Boat Race

SAY NO TO SEXISM IN SPORT

Be honest: when was the last time you went to a live sports event? If you're anything like me, your answer will be "Er…"

It's not that I hate sport – it's just that I've never been really *into* it. Sure, the Olympics are fun, but the opening ceremony is my highlight, not the events. And though I've been to Wimbledon, the strawberries excite me more than the scoreboard.

But secretly I've always been jealous of people who are really keen on sport. I'd love to experience that moment when you become one with the action, and shrug off my shame about cheering at the top of my lungs (knowing what to shout might help).

So when GLAMOUR challenged me to become a born-again sports fan, I tried to blend in with the crowd, suss out what was going on and cheer at the right time. Here's what happened…

ROLLER DERBY

The sport Two teams of five skaters push their way round an indoor track. The 'jammer' must find a way through the rival team's 'blockers'. Once free, she circles the track, bagging a point for every person she passes. There are approximately 150 roller derby leagues nationwide, each with several teams, and the first British Roller Derby Championships launched earlier this year. Four teams are playing today – I'm backing the London Rockin' Rollers, whose star players are Jack Attack, Jessica Rammit and (now retired) Betty Swollox.

"The action was fierce, fun and fast"

The scene The girls wear theatrical make-up – think skulls, fake stitches and war paint – to intimidate their rivals. It's not for wimps – despite body padding, the skaters expect next-day bruises. Even the spectators aren't safe – the chairs nearest the action are called the 'suicide seats'. The crowd is loud and lairy, and many of the fans are 'fresh meat' – future skate stars in training.

Do say "Whoa, that jammer really busted those blockers!"

Don't say "Where's the ball?" (There isn't one)

Fun score 7/10. Most of the action was fierce, fun and fast. Oh, and *loud*. An energetic intro to live sport!

THE BOAT RACE

The sport Teams of eight rowers (and one tiny, shouty cox) from Oxford and Cambridge universities race down four miles of the River Thames. It started in 1829 and this year is historic – it's the first time the men's and women's races have both been on the same course, and on the same day – and both televised live. It's such a big deal that BBC presenter Clare Balding has ditched her usual gig at the Grand National (also today) to cover it.

The scene Gloriously low-key. No tickets, no seating and no queues – spectators just pitch up and line the river banks to cheer. For the liveliest atmosphere, get there early and bag a spot near one of the riverside pubs. I picked The Ship in Mortlake – by the finish line – thinking I was lucky to be right by the water, 'til I realised THE TIDE COMES IN.

Do say "Cambridge have a solid ratio, but Oxford have the smoother stroke."

Don't say "Come on you blues!" Both teams wear blue: Oxford in navy, Cambridge in duck egg.

Fun score 8/10. Fantastic atmosphere, and unexpectedly exciting to spot the rowers coming round the bend. ▶

SAY NO TO SEXISM IN SPORT





Clockwise from top **The roller derby – and delighted crowd; views at the London Aquatics Centre and Oxford's winning Boat Race teams**





NETBALL

The sport Netball is having a moment. Thanks to its 'Back to Netball' campaign* – urging women to take up the sport if they haven't played since school – England Netball now has 92,000 affiliated members. Today's game is the final of the Netball Superleague Series, in which Surrey Storm face Hertfordshire Mavericks – and is held at the prestigious Copper Box, in London's Queen Elizabeth Olympic Park.
The scene Cooler, faster and ten times more fun than I expected. Officials have sped up the game by cutting stoppages, and PE-style bibs have been binned for sporty minidresses. Venue staff circulate with candyfloss, popcorn and ice-cream during the breaks, adding the showbiz glitz you see at American sporting events. Surrey Storm lifted the trophy thanks to their hotshot goal attack/goal shooter duo, England captain Pamela Cookey and Commonwealth Games champion Rachel Dunn.
Do say "Fast feet – and a great take!"
Don't say "Just SHOOT!" Most players aren't allowed to.
Fun score 9/10. I loved the gripping, lightning-fast pace of the game. Bonus points for the excellent snacks.

DIVING

The sport Competitors take turns to perform a range of dives – front, back, reverse, inward, twist and arm stand – which judges score out of ten. Divers should be neat and poised as they flip, and enter the water straight. A great dive, known as a 'rip', is almost splash-free.
The scene I watched the semi-finals of the FINA/NVC Diving World Series at the jaw-dropping London Aquatics Centre (the 10m board is higher than two double-decker buses). The crowd try to sway the judges' scores by cheering for their favourites: Tom Daley prompted the loudest screams, followed by up-and-coming stars Matthew Lee, Sarah Barrow and Tonia Couch.
Do say "Impressive execution."
Don't say "It's baking in here!" The air is hot to keep the athletes warm between dives. Dress accordingly.
Fun score 9/10. The dives were enthralling. Watching someone poised in a handstand at the edge of a diving board doesn't get old.

"Tom Daley prompted the loudest screams"

FOOTBALL

The sport Tonight – it's 7.45pm on a Wednesday – I'm watching Arsenal (very good) play Sunderland (not so good) at the Emirates Stadium in north London. It's the end of the season, and Sunderland need to win or draw to avoid crashing out of the Premiership.
The scene In a word? Blokey. That said, I spotted quite a few women, children, and even the odd granny. An alcohol ban in the seating areas stops things getting too lairy – but prepare for some top-volume, four-letter swearing. It was pretty cool seeing Mesut Ozil, one of the world's most expensive players, plus Arsenal's star player, 23-year-old Jack Wilshere – who's widely tipped to bring England glory for years to come – and I was amazed by how fast the players run.
Do say "Ref! REF!" Decisions against your team should be challenged.
Don't say "I hope there's a penalty shoot out" (as I did). Most football matches don't need an overall winner.
Fun score 8/10. Sunderland's defensive tactics secured a goal-less draw, but a handful of near-misses provided enough entertainment.

The final whistle Thanks, GLAMOUR, I'm a live sports convert! Real athletes, a loud crowd and the lack of running commentary focused my attention on the action – there were moments when I was totally absorbed. I felt a genuine buzz being with the other fans; at the football, even walking with the crowds to the stadium was kid-at-Christmas exciting. I'd happily go and watch any of these sports again – when my throat's recovered from all that cheering.

Photographs: Kieran Doherty, Luke MacGregor. *Get involved with the Big Summer Of Netball by using the Session Finder at englandnetball.co.uk

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Look who's back

Yep, Channing Tatum's suited up – and ready to rip it off – for *Magic Mike XXL*. To celebrate, we asked him and his fellow hunks in trunks about nuclear fission, the US presidential race and global warming. (By which we obviously mean manscaping, posing pouches and stripping in public)

GLAMOUR: The sequel picks up three years after the end of *Magic Mike*. Where do we meet the boys?
Channing Tatum Mike's in Florida after quitting the group, and he's started his furniture company.
Joe Manganiello My character, Big Dick Richie, has become the de facto leader. I won't say where Dallas [Matthew McConaughey] has gone, but he's no longer part of the gang.
Kevin Nash And then Tarzan lures Mike to a party situation…
Adam Rodriguez …and from there the journey begins.
Matt Bomer Like a stripper odyssey.
GLAMOUR: How did you prepare to get back into the posing pouch?
Channing The what? Posy pouch?
GLAMOUR: Posing pouch. You know, a thong. [Senses confusion] Maybe it's a European phrase.
Channing I've never heard it called a posing pouch before. That is awesome! You Europeans with your linguistic ability. Well, the grooming is on a high level, because you don't want a jungle down there, overflowing the posing pouch. ▶


"The grooming is on a high level, because you don't want a jungle down there"
Channing Tatum


"Waxing confirmed what I always knew: women are the stronger sex"
Matt Bomer
"There's a lot of Christian Grey in my finale routine"
Joe Manganiello


Adam Rodriguez


Kevin Nash

◀ **Kevin** For the first film, I bought a body-grooming thing and did it myself. This time I'm older – 55 – and all of a sudden you get hairier, so I got waxed. Man, oh man, that was rough.
Matt That is not something I will *ever* do in my personal life. I wouldn't put my body through it unless it was for a movie. It confirmed what I always knew: women are the stronger sex.
Adam It was definitely harder to get in shape this time. I had just had a baby girl and was enjoying life, so it took a while to get motivated to torture, starve and exhaust myself on a daily basis to get in shape. Ten weeks before filming started, I thought, 'OK, it's going to take me ten weeks to get ready,' and that's when I started. After my final dance routine, I had a massive cheeseburger, French fries and several pints of beer. And I felt like *crap* for the next two days.
Matt After we wrapped, Channing orchestrated a huge buffet after asking everyone what their favourite indulgent food was. I think my endorphins went so crazy that I got a little high from the pizza, fried chicken and banana splits.
GLAMOUR: If you had to choose a stripper alter ego, would you rather be Han Solo or Christian Grey?
Joe and Adam Han Solo, for sure.
Adam I actually ran into Han Solo the other day. He walked into a restaurant in my neighbourhood about two hours before he crash-landed his plane. Han Solo and Harrison Ford are cool as hell.
Joe I'll tell you what, though, there's a lot of Christian Grey in my finale routine.
GLAMOUR: What's the most nerve-racking thing about stripping in front of a giant crowd of extras?
Channing Taking your clothes off! It seems like a good idea all the way up to that point.
Joe During the first film, we performed in front of about 200 women. This time it was approaching 1,000. It was so loud in that hall that my ears were ringing like I was at a rock concert for days afterwards.
Adam Some were extras, some won contests, some were local hires. I don't even know what the process of recruiting those wonderful women was. But they came in and were awesome. They were a big part of making the convention scenes work. I can't thank them enough.
GLAMOUR: I'm sure they're equally grateful to you guys, to be honest.
Adam It's pretty intimidating getting out there.
Matt I don't know anybody who could stand up on a stage and be like, "Yep, totally comfortable with this."
Kevin Once you stand in front of that many women in a thong, in an air-conditioned room, there's really not much left. You kind of lose your inhibitions at that point.
Channing I don't care how in shape you are, a thong doesn't look cool. We had a large debate on the movie, whether to be in thongs or just underwear. Most women do not think thongs are sexy on men. If you had a first date with a man – or third date, if you're classy – and you decided to get as far as to see his underwear, and he had a thong on, would you keep going? I asked my wife [Jenna Dewan Tatum] and she said we had to wear thongs. I said, "You don't think they're sexy, but you want us to wear them?" She was like, "*Yes*, that's why people are going."

"I don't care how in shape you are, a thong doesn't look cool"

GLAMOUR: Were there any on-stage mishaps?
Joe There was an accident during the first take of my finale routine. My partner did something unrehearsed and the result was a torn bicep. There was a huge rip and a pop – it was unbelievably painful – but against my better judgement I went out and finished the routine, which took about four hours. I had to finish several weeks of filming a film before I could go home to LA and straight into surgery.
Adam I didn't have any mishaps, but I made quite a mess on stage.
GLAMOUR: I really don't know what to say to that.
Adam When you see the movie, it needs no explanation. G

Magic Mike XXL is in cinemas from July 31

By Helen Whitaker. Photographs: (C) 2015 Warner Bros. Entertainment Inc.

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fastglamour Fashion



HI SHINE

FALL HEAD OVER HEELS FOR THESE STATEMENT BOOTS

Vinyl boots £1,100, **patent leather top** £2,200 and **patent leather skirt** £2,300 all dior.com; **rings** stylist's own

Fashion Director: Natalie Hartley. Photograph: Johanna Nyholm

THE ACCESSORY REPORT

NEW-SEASON STYLE? IT'S ALL IN THE DETAIL





Patent leather shoes
£68 topshop.com







Leather bag
price on request Loewe

STATEMENT JEWELLERY



Brass and crystal earrings £29 Finery





Marble, brass and gold necklace from £175 Marion Vidal

HANDHELD BAGS



Leather and cowskin bag £160 Persephoni at valerydemure.com



PU bag £35 wallis.co.uk



FURRY SHOES AND BAGS



Faux-fur bag £250 hunterboots.com





Shearling and leather sliders £355 Newbark at net-a-porter.com

KNEE BOOTS



Stretch-satin boots £139.99 vagabond.com



Leather boots £169 dunelondon.com

GLOVES





Pony and leather gloves £65 whistles.co.uk ▶

BELT BAGS





Raw-leather bag £595 joseph-fashion.com



ANKLE BOOTS

Leather boots £79 topshop.com

Patent leather boots £155 Guess

Suede and calf-skin boots £532 Roberto Cavalli



LOW HEELS

Leather heels £1,200 louisvuitton.com





BOWLING BAGS



Nubuck leather bag £495 aspinaloflondon.com



Nappa leather bag £1,890 Miu Miu



PUNKY DETAIL



Silver-plated brass earring £300 Annelise Michelson

Patent PU boots £45 asos.com



MARY-JANES

Satin and silk shoes £550 Prada



Velvet shoes £475 Gianvito Rossi G

By Lucy Walker. Photographs: Jason Lloyd-Evans. Still lifes: Sudhir Pithwa



boohoo.com

TWENTYFOUR | SEVEN | FASHION



TEISSEIRE

A DASH OF FRENCH FLAIR

NOW AVAILABLE IN THE COFFEE AISLE AT WAITROSE, ASDA AND OCADO

Natalie Hartley wears ...
THE MINI

It's that transitional time again – the new collections are out, but it doesn't feel like time to cover up yet. The answer? A versatile mini



Want to cover up on top? Go for a coat that reaches slightly lower than your mini

Denim skirt £26 dorothyperkins.com; **suede trench coat** £150 missselfridge.com; **polyester-mix top** £28 asos.com; **faux-snakeskin boots** £160 KG Kurt Geiger at kurtgeiger.com; **wool-felt beret** £85 lockhatters.co.uk; **sterling silver earrings** £155 thomassabo.com; **rings** Natalie's own

Update your look ahead of the new season by adding a metal chain belt to your summer knit. It's also great for creating a softer shape with A-line skirts

Suede skirt £75 topshop.com; **cotton jumper** £150 Cédric Charlier; **leather ankle boots** £636 Pierre Hardy at matchesfashion.com; **metal chain belt** £20 Black & Brown London at asos.com; **rings** Natalie's own

A denim skirt suit is perfect for that '70s twist

Cotton denim skirt £25 and **cotton denim jacket** £40 both monki.com; **poly-mix top** £30 riverisland.com; **leather boots** £420 acnestudios.com; **sterling silver earrings** £155 thomassabo.com; **metal chain belt** £35 Black & Brown London at thegateboutique.co.uk; **rings** Natalie's own

Follow Natalie on Instagram @nataliehartleywears

Photographs: Johanna Nyholm

10 EASY UPDATES

THE WARDROBE TWEAKS TO TAKE YOU INTO AUTUMN



Faux-shearling coat £59.99 newlook.com



STELLA McCARTNEY

1

THE SHEARLING COAT
Opt for a pale palette to give this coat a more elegant feel.



2

Lace dress £215 karenmillen.com



VALENTINO

THE VICTORIANA-INSPIRED DRESS
The only evening dress you'll need for winter.



Silk-mix dress £65 topshop.com



CELINE



DEREK LAM

5

THE TAILORED FLARES
Flares are here to stay. Forget denim and look for smarter fabrics for the perfect day-to-night outfit.



Poly-mix trousers £18 f-f.com



PRADA

6

THE PASTEL PIECE
Winter pales were all over the catwalk this A/W. A head-to-toe tonal look is the way to wear them.



Leather jacket from a selection Bimba Y Lola

7

THE ANIMAL-PRINT LOOK
Keep it simple and stylish with just one bold choice.

By Charlotte Lewis. Photographs: Jason Lloyd-Evans



Viscose-mix dress £20
boohoo.com

3

THE METALLIC DRESS
The easiest way to channel your inner '80s child.



4

THE LUXE PARKA
The most popular coat shape of the season. Opt for satins or silks and leathers, in rich colours.

Parka £75
asos.com



9



Wool trousers
£160 Pinko

8

THE CHECK TROUSER
Add a polo shirt for a preppy take on the '70s. Will also work with a cable knit when the weather gets colder.

TOMMY HILFIGER

Cotton-mix roll-neck £35
riverisland.com

THE LUREX KNIT
Pair with rich-coloured wools and leathers for an everyday look.



10

Nylon blouse £39.50
marksandspencer.com

THE PUSSY-BOW BLOUSE
Works with trousers or skirts – but whatever your style, wear it à la Gucci with an eccentric '70s edge. G

NEW!
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TAMPAX



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NEW! TAMPAX Compak PEARL

*vs. Tampax Compak
**Our #1 combination of Tampax's comfort, protection & discretion
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REWORK, BUY NOW (AND ONE FOR THE WISH LIST)

GET READY FOR AUTUMN WITH OUR GUIDE TO WHAT TO TWEAK, WHAT'S NEW – AND OUR ULTIMATE DREAM PIECES

PLAID


3.1 PHILIP LIM

Rework



Wool skirt £450 Le Kilt at Dover Street Market

Buy now



Silver-plated bronze necklace £890 Annelise Michelson

Wish list



Leather boots price on request Givenchy by Riccardo Tisci

'70s


GUCCI

Rework



Faux-fur scarf £18 dorothyperkins.com

Buy now



Velvet blazer £195 Topshop Unique at topshop.com

Wish list



Cotton dress price on request loewe.com

ANIMAL PRINT


TOM FORD

Rework



Viscose skirt £320 Carven at veryexclusive.co.uk

Buy now



Leather boots £145 finerylondon.com

Wish list



Ciré coat price on request Miu Miu

Styled by Holly White. Photographs: Jason Lloyd-Evans. Still lifes: Sudhir Pithwa

RIDICULOUSLY FAB COMPETITION



YOU'VE GOT 7 MINUTES AND £7000. GO!

Photographs by **Matthew Eades**

Picture it: you, an empty Topshop and seven whole minutes in which you have all three floors to yourselves and licence to take as much Topshop stuff as you can carry. It's the stuff of dreams, right? Well, to celebrate London Fashion Week in September, GLAMOUR and Topshop have teamed up to give one winner – and their plus one – precisely this experience. Remember to breathe as you read on…

THE PRIZES

A 7-MINUTE GLAMRAID

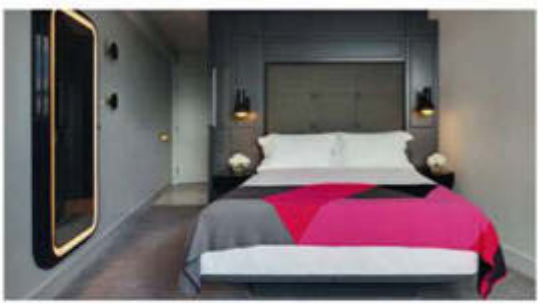
On the morning of the Topshop Unique catwalk show at London Fashion Week (Sunday September 20), you'll get exclusive access to the flagship Oxford Circus store before it opens. You and your plus one have seven minutes to grab as much as you can. No bags allowed, but if you can carry it, wear it, sling it – shove it in your mouth, we don't care – you can keep it*. Our two GLAMraiders will race each other – the one who grabs the most will be crowned GLAMraid winner and get an extra Topshop goodie bag.



TWO TICKETS TO THE TOPSHOP UNIQUE SHOW

Oh, and a whole new wardrobe isn't all you win. You will both be invited to the Topshop Unique catwalk show to see the S/S16 collection with the A-list.





ONE NIGHT IN A LUXURIOUS LONDON HOTEL

Included in your prize is also a night for two at Mondrian London (including breakfast) – so you'll be able to head to your hotel to try on your haul and get ready for the afternoon's Topshop Unique show. Perched on the banks of the Thames on London's Southbank, Mondrian London is the hottest hotel in the capital – complete with river views, stylish bar and spa and fitness centre. mondrianlondon.com

How to enter

We want proof that you *seriously* need a new wardrobe, so show us your 'What was I thinking?' fashion moment. Upload a picture to Instagram of you with your fashion fail, using the hashtag #TopshopGLAMraid and follow @GlamourUK (the winner will be notified by direct message on Instagram, so you need to be following us to win). The deadline is midnight on Sunday August 9, and a panel of judges including GLAMOUR Editor Jo Elvin and Topshop Global Design Director Jacqui Markham will vote on whose wardrobe they think most needs a Topshop GLAMraid.

NEED TO KNOW

Full terms & conditions at glamourmagazine.co.uk/glamraidcompetition. Winner will be notified by direct message from @GlamourUK by Tuesday August 18 and asked to give an email address, which you'll need to provide within three days. In the GLAMraid, don't waste time looking for the right size – Topshop will swap sizes where necessary after the race. *Maximum total value of items that may be taken during the GLAMraid is £7,000.

Styled by Lucy Walker. Model: Laura W at M+P models. Hand model: Kateryna at Hired Hands. Props/set design by Trish Stephenson at CLM. Make-up: Akgun Manisali at London Style Agency. **Hair: Mirka Hajdova. Nails: Sophie Harris Greenslade. All clothes by Topshop**

{ To see GLAMOUR Fashion Director Natalie Hartley doing her own attempt at a Topshop GLAMraid, go to GLAMOUR.com }



Heels £65; **flats** £62; **sandals** £30



Sandals £58



Slip-ons £45



Platform sliders £30



Brogues £70



Wedges £65



Slingbacks £65

NEW SHOES, YOU SAY?

HELL, YEAH. AND WITH A 25% DISCOUNT AT OFFICE, WE MIGHT JUST BUY MORE THAN ONE PAIR



Lace-ups £60

Whether you want a summer wardrobe refresh or a first look at the new-season shoe collections, get to Office, where we have an exclusive 25% discount for GLAMOUR readers in store this month.

Highlights include metallic sandals, punk-inspired buckles, bold prints and block heels. Get a little bit retro with bright platforms and mock snakeskin, or why not choose a '60s-inspired winter clog instead?

And then, of course, there are those three new pairs of summer flats your holiday wardrobe is just crying out for…

Get 25% off at Office

Take this voucher to your nearest store. Offer is valid from July 2-August 5, 2015.

First Name ..... Surname .....

Address .....

..... Postcode .....

Email .....

Mobile ..... OFFICE

This promotion entitles the bearer to 25% off a single transaction. Valid in all OFFICE stores in the UK and Republic of Ireland, excluding concessions and office.co.uk. Offer valid between July 2-August 5, 2015. One voucher per customer. The discount cannot be used in conjunction with any other offer or promotion and is non-transferable. The discount cannot be used to purchase gift cards. The discount is available on full-priced OFFICE own-brand product and selected brands only. Adidas, Nike and UGG are excluded from this offer. The voucher will be retained by the store after use. Photocopied pages will not be accepted. In providing your details, you agree that OFFICE Holdings Ltd can include you on its email list to send you info on products, trends and exclusive offers. You can unsubscribe at any time by clicking on the 'unsubscribe' link at the bottom of emails we send you. For our privacy policy, visit office.co.uk/privacypolicy



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HOT POP-UP ALERT

Head to Harrods this month for Fendi's latest pop-up store, where you'll find exclusives like this stunning bag, £1,700. They're also offering you the chance to make your dream accessory a reality. Enter your redesign of the classic 3Baguette bag in their digital competition, judged by Silvia Venturini Fendi herself (OMG!), and you could be the proud owner of a unique personalised bag. Happy designing! 020 7225 6679



ALEXA ROCKS

And so does her style. So we're seriously coveting her Alexa Chung for AG collection. First look we're making space in our wardrobe for? This skirt, £910, and top, £200, matches fashion.com

GLAMOUR LOVES

Our guide to this month's must-haves



HAPPY FEET

Take your wardrobe to the next level with these suede fringed gladiator sandals. Super cool and perfect for day or night, they're our go-to for summer chic. £40, next.co.uk



SKIN TREAT

We swear by our Liz Earle Cleanse & Polish Hot Cloth Cleanser, so we're *very* excited about the Limited Edition Jasmine & Osmanthus version, £20.75 for 100ml. The famous muslin cloths have a fresh silver trim, too. Divine! lizearle.com



BLING RING

A girl can never have too many bows, and we're beside ourselves over this cute piece by Pandora, £55. Just. Too. Pretty! pandora.net

By **Claudia Mahoney** and **Jo Holley**



SUITS YOU

This graphic Tumi carry-on is so stylish, we'll be hitting the airport early just to show it off. £575 uk.tumi.com



LET'S CELEBRATE

To mark Elemis' 25th birthday, their brilliant Pro-Collagen Cleansing Balm is going large – 200g large (£55). What's more, now you can book at House Of Elemis for treatments, grooming and a VIP penthouse space. See you there! 020 7499 4995; elemis.com



RULE THE POOL

…with this chic bikini by Gap. Perfect for that Bond Girl moment (or chilling on your sun lounger with *The Girl On The Train*). Bikini top £24.95, and bottoms £19.95, gap.co.uk





GO BOHO

It's a major trend this season, so head to Primark for everything you need for that laid-back summer vibe. We'll be wearing this cool outfit *everywhere*. Jacket £17, top £10, shorts, £10 primark.com



I'M WITH THE BAND

Join the summer of '70s style in this über-cool outfit from New Look – it's got festival chic nailed, perfect for this year's New Look Wireless festival (July 3-5). See you down the front! Shorts £17.99, top £22.99 and bag £15.99, newlook.com



Boss lady

Nothing says "I've got this" like a ladylike bag, and Hugo Boss has it totally under control with this mini Bespoke wool classic. £395 hugoboss.com ▶

We love this



Denim jacket £315 replay.it



GOLD RUSH

If we dreamed up our fantasy jewellery, it'd look like this 18-ct gold ring (with iconic quilt detail), £1,400, from Chanel's Coco Crush collection. 020 7493 1224

LOOKING GOOD

Up the style stakes in these ultra-glam sunnies (we feel a beach holiday coming on). £227, Burberry at sunglasshut.com



GRRR!

Leopard print + espadrille = total summer chic. Which is why we're wild for these calf-hair beauties, £90 from UGG. Plus, they're lightweight and super comfy to prowl in. uggaustralia.co.uk





5 MINUTES WITH Joline Brann

We catch up with one of the rising stars of 2015

How did you get into modelling?
I was discovered in Curaçao, the Caribbean island where I'm from, when I was 16, and I started modelling in August 2014, after graduating from high school.



How do you spend your free time?
I like to have quality time with family and friends. I'm a gym-lover and a ballerina at heart. I love to dance anything, from contemporary to salsa.

What's your favourite thing about London?
There's something lovely about the dynamic area around Covent Garden. I just love the fact that there's so much to do in London.



And your best modelling moments?
Highlights include my Topshop campaign (even my schoolfriend who lives in Dubai saw it) and walking the runway for Burberry S/S15. I'm just appreciative to be working with so many creative people.



What's your top beauty tip?
Start your day with a glass of warm lemon water. I also love Dr Organic cleanser and organic coconut oil as body moisturiser.

Tell us a secret...
I have a hidden passion for science. The human body fascinates me. If you spot me with a book on the Tube, I'm probably reading about medical science.

12 SCENTS

...that are summer in a bottle

Hollywood Royal £49 for 50ml eau de toilette Juicy Couture at debenhams.com

Miss Dior £46.50 for 30ml eau de parfum dior.com

Diamonds £41.50 for 50ml eau de parfum Armani at debenhams.com

Daisy Sorbet £52 for 50ml eau de toilette Marc Jacobs at debenhams.com

Women Limited Edition £41 for 100ml eau de toilette DKNY exclusively at superdrug.com

Flowerbomb £65 for 50ml eau de parfum Victor & Rolf at selfridges.com

Angel Eau Sucrée £45 for 50ml eau de toilette Thierry Mugler at muglerstore.com

Blossom £62 for 100ml eau de parfum Jimmy Choo at debenhams.com

Candy £50 for 50ml eau de parfum prada.com

Chance Eau Vive £55 for 50ml eau de toilette chanel.com

Narciso Rodriguez £68 for 90ml eau de toilette at johnlewis.com

Tom Ford Noir £75 for 50ml eau de parfum tomford.com G

Photographs: iStock. Model: Joline Braun at Premier

{ Follow Executive Fashion & Beauty Directors Claudia Mahoney and Julia Yule and Retail Editor Jo Holley on Twitter: @ClaudiaMahoney1 @Julia_Yule @JoHolley83 }





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SO PRETTY

MAKE A STATEMENT WITH FLORAL HAIR ACCESSORIES



DOLCE & GABBANA

"There are many ways to accessorise your hair for summer – everything from wrapping a ponytail with colourful ribbon or leather ties, to flowers and garlands. To recreate the look I did at the Dolce & Gabbana show, use large U-pins to attach and secure." **Guido Palau, Redken global creative director**

By Dominique Temple. Photograph: Jason Lloyd-Evans

The month in LA style

THERE'S A NEW BEAUTY CREW AND THEY'RE SERIOUSLY COOL. BY DOMINIQUE TEMPLE


HAILEY BALDWIN

1 Smoulder like Hailey in metallic shadows


4 Gorgeous Glow Bronzing Brick £3.99 Collection


TAYLOR SWIFT

2 Pair a red lip with sunglasses for ultimate A-list style


JAIME KING

3 A low-key up-do, a little bronzer and a LOT of petal-pink lipstick – Jaime's *so* LA


KENDALL JENNER

5 Got a party? Dress up your look with full lashes, like Kendall


JENNIFER ANISTON

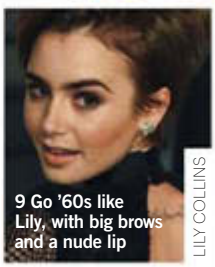
6 Glow like Jen with a perfectly LA tan


NICOLE RICHIE

7 For a sophisticated look, slick hair into a deep side parting


NICOLA PELTZ

8 Pull lengths over one shoulder for easy elegance


LILY COLLINS

9 Go '60s like Lily, with big brows and a nude lip


TAYLOR HILL

10 Pretty hair, make-up and dress – what's not to love?


11 Perfectly (Un)done **Sea Salt Spray** £5.49 TRESemmé


ZOE KRAVITZ

12 Keep it cool and au naturel on the beach, like Zoë

Still lifes: Jody Todd. Photographs: Rex Features, Jason Lloyd-Evans


13 Three sisters, three looks. We love Haim's style

HAIM


17 Cooling Glacial Scrub £8 sanctuary.com


GWEN STEFANI

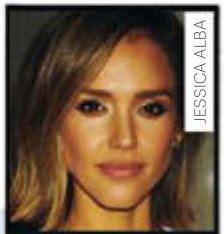
14 Gwen's trademark Old Hollywood beauty is always on point


KATE HUDSON

15 Kate is the epitome of cool with effortless hair and make-up


SELENA GOMEZ

16 Match your lipstick to your jewellery for a chic colour statement


JESSICA ALBA

18 Be a bronzed goddess and wear golden hues on your lids and cheeks


EMMA ROBERTS

19 Recreate Emma's gentle waves using a small barrel tong


BELLA THORNE

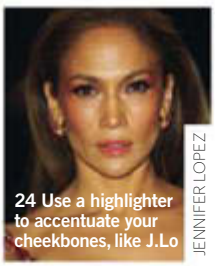
20 For perfect curls like Bella's, use a two-inch wand and keep the ends straight


21 Ambre Solaire **Self-Tanning Dry Body Mist** £11.29 Garnier


JENNIFER LAWRENCE

22 Wrap around navy eyeliner for a twist on your classic black pencil


23 Revolution High-Colour Lipgloss in Punch Drunk £15 urbandecay.co.uk


JENNIFER LOPEZ

24 Use a highlighter to accentuate your cheekbones, like J.Lo


CHARLIZE THERON

25 Make your eyes pop with a subtle sparkle along your lower lashline


OLIVIA WILDE

26 Feeling bold? Wing out your liner into a feline flick


KYLIE JENNER

27 Match pretty pink blush with a rose-hued lip


KATE BOSWORTH

28 Sailor stripes + bright lipstick = perfect off-duty cool


ASHLEY MADEKWE

29 Give brunette waves the LA look with a hint of sun-kissed warmth


VANESSA HUDGENS

30 Switch up your workout style with body art, like Vanessa


EMMA STONE

31 Have a no-fuss make-up moment with a classic smoky eye

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including prescription sunglasses





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ALICE EVE


Creamy Concealer Kit £24.50 bobbibrown.co.uk

1 KEEP IT FLAWLESS

"Apply concealer to the inner corners as well as under your eyes – lenses will really highlight those shadows," says make-up guru Bobbi Brown. "Remember that your lenses also magnify clumpy mascara," says make-up artist Lee Pycroft. "Be sure to groom your lashes with a comb."


KARLIE KLOSS

IN THE FRAME

5 GENIUS BEAUTY TRICKS THAT MAKE THE MOST OF YOUR GLASSES. BY GRACE TIMOTHY



Sourcil Precision Eyebrow Pencil in Noisette £4.99 Bourjois

Waterproof Shadow Liner in Chrome £17 smashbox.co.uk

Black Ecstasy Mascara £27 giorgio armanibeauty.co.uk

2 DEFINE EYES...

"Eyeliner, mascara and brow pencil are essential so your eyes don't get lost behind your frames," says Bobbi. "Waterproof formulas will prevent smudges when your eyes get warm behind the lenses." **...AND SKIN** "Add depth with blush and highlighter so your complexion isn't flattened," advises Lee.



RITA ORA



3 ROCK A STATEMENT LIP

"You want to wear a bright lipstick? Do it, it looks great with a strong frame," says Bobbi. "Just don't try to match frames to your lip – stick to nudes if you have coloured glasses."

Pop Lip Colour & Primer in Poppy Pop £16 clinique.co.uk

4 KEEP LINER STRAIGHT

"A flick of eyeliner will disappear into the frame of your glasses, so extend the line right into the corners to create the illusion of larger eyes," says Linda Cantello, Giorgio Armani's international make-up artist.

5 CHOOSE THE RIGHT SHADES FOR YOUR FRAMES

BROWN OR BLACK FRAMES

"Coloured liner beneath the lower lashline can really pop behind a dark frame," says Lee. "Violet, jade green and bronze work best."

PALE, WIRE AND BRIGHT FRAMES

"Keep to soft, pale colours so as not to compete with your frames," says Lee. "Go for a nude on the lid and a taupe or metal on the crease. Otherwise there's too much going on," says Bobbi.



Aqua Liner in 8 Iridescent Electric Purple £16 Make Up For Ever



Pure Color Eyeshadow in Summer Linen £17 esteelauder.co.uk



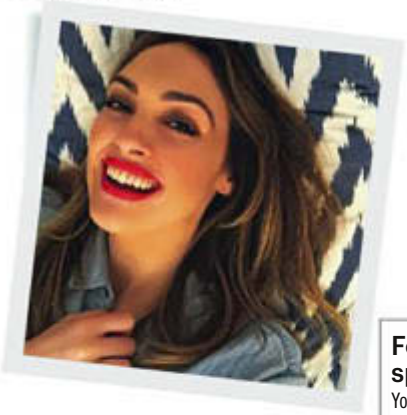
Kate Scandaleyes Shadow Stick in Pure Turquoise £4.49 Rimmel London

PLUS ONE COOL PAIR...



Bobbi Brown is so passionate about specs that she's become the first make-up artist to create her own collection of flattering frames – check out our favourite: **The Kensington** £155 Safilo.

Still lifes: Jody Todd. Photographs: Camera Press, Rex Features, Matrix Pictures



#ASKAlex

Insider advice from our Beauty Director, **Alessandra Steinherr**. This month: troubleshooters

There are times when the regular stuff just doesn't cut it and I reach for my trusted and proven emergency stash. Some products have been around for ages, some are newer, but they all have one thing in common – they *work*.

For angry spots



You know that spot that feels like it's taking over your entire face? The best product is **Drying Lotion** £15 Mario Badescu (harveynichols.com). It takes roughly two nights to dry out the nasty, but then it's a goner.

When my face feels dry



I travel a lot and don't drink enough water, so dehydration is a regular issue. The best cure is **Hydrating B5 Masque** £49 Skinceuticals. I'll take my make-up off, cover my face with this gooey gel and let it sit for hours. It does get sticky as it dries, so I rub a light moisturiser on top when it starts to bother me.

When my skin is confused



Whether it's due to hormones or overindulging, sometimes my skin is all over the place. It feels oilier, my pores look larger and I get small rash-like spots. Nothing works as well as **Sudocrem** £2.99 boots.com. Yes, it's for nappy rash, but it works on congested skin as it has benzyl alcohol and zinc oxide, which are antiseptic and soothing.

When my body looks parched



I'm lazy about bodycare. I don't moisturise daily like I do my face – sometimes a week goes by, then it's serious moisture time. I've tried it all and the combo of **Intense Recovery Lotion** £4.89 E45 and **320 MHz Rose Otto** £60 plantmebotanics.com, blended together before bed, leaves my skin softer than soft.

To relieve sunburn

I rely on **Ultra Calming Barrier Repair** £36.90 Dermalogica. Of course I advocate sunscreen when sunbathing, but sunburn can happen even if you're vigilant. I once fell asleep and got badly burnt. This literally saved my skin: the waterless formula reduces the burning, itching and inflammation.



When I don't have time to do my roots

I have talked about **Root Cover Up** £28.50 Color Wow many times. There is nothing more to say, except that it's still the best.





A dry shampoo for brown hair

I've always loved dry shampoos for extending my blow-dries. But while their powdery colour works fine on blondes, it's not so seamless on brunettes. I first bought **Dry Shampoo Natural Tint** £7.50 Klorane in France last year. Now it's finally available in the UK and is perfect on dark hair.



In-flight skin survival

While I love flying, my skin doesn't, so I've concocted a skin-saving potion. When I'm on the plane, I apply **Hyaluronic Acid Ampoules** £132 (for seven) Dr Barbara Sturm (net-a-porter.com) and layer **Lucas' Papaw Ointment** £4.95 pawpawshop.co.uk on top.

To remove serious eye make-up

My lashes are pretty pathetic, so I tend to wear endless coats of mascara, which makes the whole make-up removal process tedious. I recently discovered **They're Real! Remover** £14.50 benefitcosmetics.co.uk and it dissolves all my mascara without any tugging.





When my nails need rehab

I am pretty bad at doing manicures, so I usually get a long lasting CND Shellac manicure or go natural, which can look a bit unkempt. When I need them to look groomed and glossy quickly, I brush on **Nailglow** £19 Dior. It turns them around in a flash.

Still lifes: Jody Todd

Follow Alex on Instagram: @alexsteinherr

ST. TROPEZ

THE 1 HOUR TAN

SELF TAN EXPRESS MOUSSE

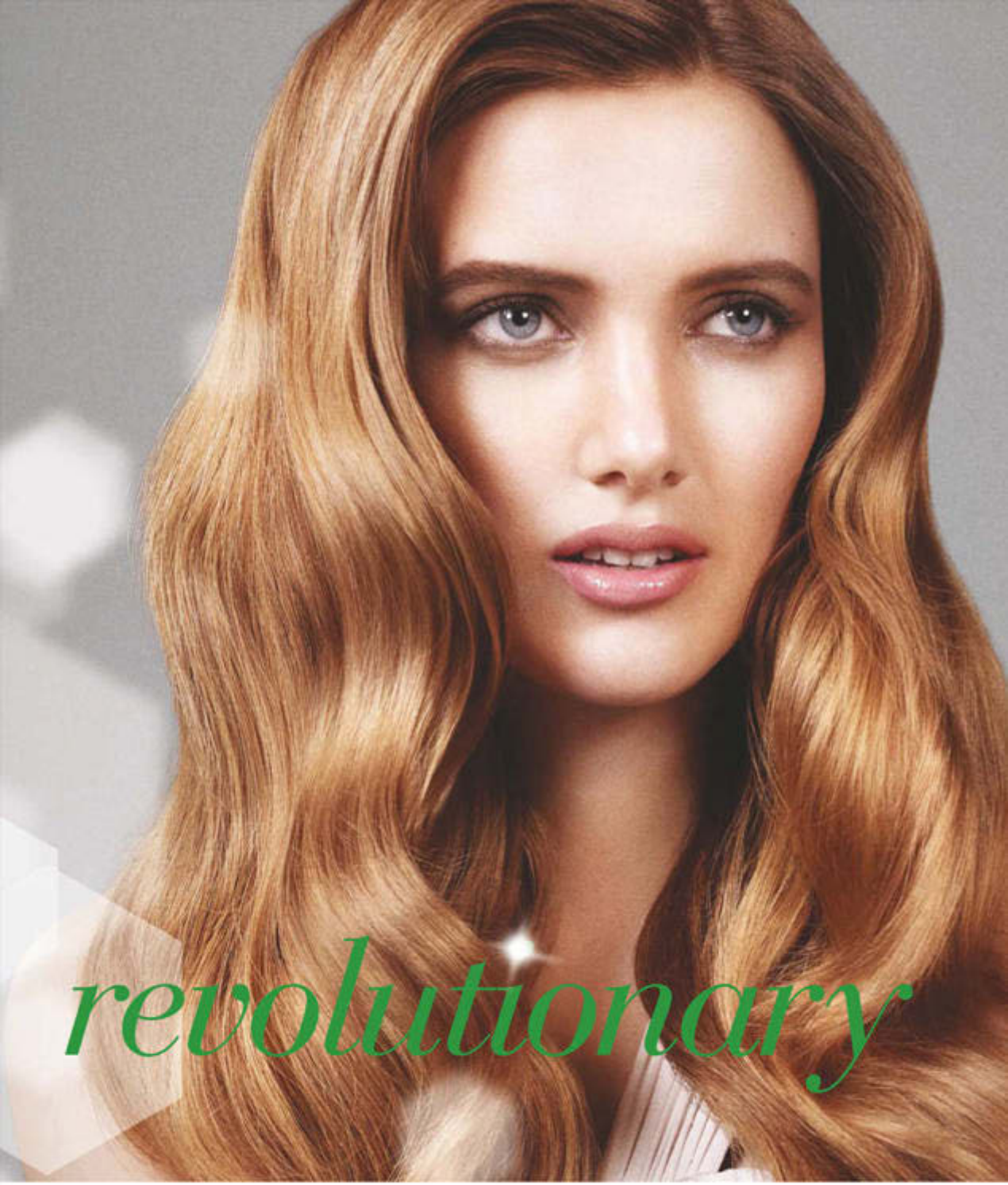
Our most advanced formula yet for a sunkissed glow in just one hour or leave on for up to three hours for a deeper darker bronze.



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*Consumer testing conducted on 96 panelists using AnaGain™ 3 STEP REGIME



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York, North Yorkshire
Newcastle upon Tyne, Tyne and Wear

John Bell & Croyden
Wigmore St, London

Love your CURLS

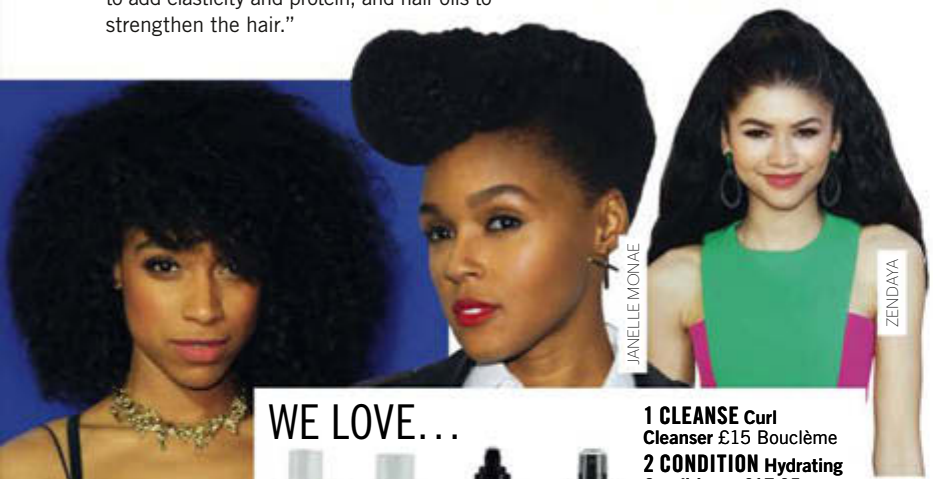
DONE WITH STRAIGHTENERS AND RELAXANTS? HERE'S HOW TO TRANSITION BACK TO NATURAL AFRO HAIR. BY GRACE TIMOTHY


YAYA DACOSTA

1 HAIRCARE

The transitional kit

"Sadly, there's no single haircare prescription that will suit everyone transitioning to natural curls," says hairdresser Jennie Roberts, who has styled the likes of Thandie Newton and Gemma Cairney. "You need to experiment to find the best regime for your texture. But everyone needs to start with a sulphate-free shampoo and conditioner to prevent breakage. All curly hair also needs a healthy balance of moisture – leave-in conditioners or masques to add elasticity and protein, and hair oils to strengthen the hair."


JANELLE MONAE

ZENDAYA

LIANNE LA HAVAS

Drip dry

"Touching wet hair – either with fingers or a towel – instantly starts to affect the texture of your curls," says Jennie. "Either drip dry or use a diffuser, hanging the hair directly into the heat, so you don't touch it."

Get a cut

"Have regular trims every four to six weeks to maintain style and keep ends healthy," says Afro Hairdresser of the Year, Charlotte Mensah.

WE LOVE...



1 CLEANSE Curl Cleanser £15 Bouclème

2 CONDITION Hydrating Conditioner £17.25 MoroccanOil

3 FOR MOISTURE Palmer's Shea Formula Moisture Repair Curl Conditioner £6.99 feelunique.com

4 FOR PROTEIN Extreme CAT Protein Reconstructing Treatment £14.70 Redken

Can I co-wash?

"Some natural hair can just be co-washed – washed with conditioner alone. But if you use a lot of styling products, you'll need to cleanse once a week with a shampoo." Try **Rare Blend Moisture-Rich Cleansing-Conditioner** £18.50 Ojon. ▶



2 STYLING
Ditch your brush, buy a comb

"If you brush hair where the new natural growth meets the relaxed hair, it'll snap the curls," says Charlotte. "Instead, use a comb like **Women's Rake Comb Large** [£4.95 kentbrushes.com] – the soft, rounded teeth are gentler on the scalp, too." "You have so much natural volume, and your hair has its own natural support for updos. All you need are a couple of **Black Waved Hairpins** [£1.79 superdrug.com] to pull your hair into a chignon that won't slip," says Jennie.



SOLANGE KNOWLES

TEYONAH PARRIS

TOP TIP
"Wear a satin scarf or sleeping cap overnight to protect the hair." Jennie Roberts



Jennie's styling prep kit

YOUR CURLS ARE Tight, springy, z-shaped. **YOU NEED True Textures Moisture Stretch Curl Extending Cream** £12.90 Mizani.

YOUR CURLS ARE Soft, rounded spirals. **YOU NEED True Textures Perfect Curl Defining Cream Gel** £12.90 Mizani.

Twist it

"As you start growing out your relaxed hair, why not try a simple two-strand twist?" suggests Jennie. "It'll hold for up to two weeks, and when you take it out the relaxed hair will have formed a natural curl so you don't see such a line between new hair and relaxed hair."



HOW TO TWIST Mix your leave-in conditioner with a little gel – like **Bb.Gel** £21.50 bumbleandbumble.co.uk – and apply to wet hair, then section your hair with a comb. For tight, small curls, go for smaller sections; for larger waves, section in larger chunks. Split each section into two and wrap the two strands around each other to the ends. Twirl around your finger and it won't unravel.

"THE BEST THING ABOUT GOING NATURAL IS THAT IT'S PERSONAL TO ME"



Presenter Emeline Nsingi Nkosi gave up relaxing five years ago, and now we have serious hair envy. "At first, it's tricky to know what to do with transitioning hair, but I went for a bob, dried my hair in curlers and then cut it all off six months in. Seeing my first curls kept me going – the more people commented, the more my confidence grew."

EMELINE'S SHOWER BASICS

"I wash my hair once a week except during the summer when I do it twice because my hair dries out in the heat."



African Black Soap Deep Cleansing Shampoo £12.99 Shea Moisture at british curlies.co.uk



Mixed Chicks Deep Conditioner £10.95 selfridges.com



Dark And Lovely Au Naturale Knot-Out Conditioner £5.99 superdrug.com

HOW LONG WILL IT TAKE?

"I use a special shower playlist as a guide! Song 1: I soak my hair. Song 2: I rub shampoo gently into the roots and rinse. Songs 3–8: I apply conditioner, comb to detangle, then plait it." G

Photographs: Rex Features, Flynet Pictures, Naomisha Phillips. Still lifes: Sudhir Pithwa

Ladival.co.uk

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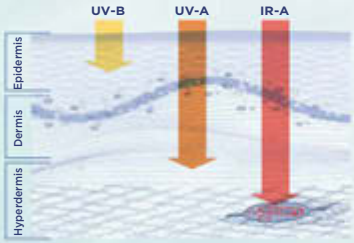


Diagram showing the sun's rays penetrating your skin.

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NEED A LAST-MINUTE TAN? WE'VE GOT YOU COVERED, SAYS SARAH JOSSEL

An instant tan is easier than ever now; the latest creams, tints and oils deliver believable bronzed skin and top-to-toe golden glows. Here's how to flash some leg at a moment's notice.

Tan expert James Harknett answers our DIY dilemmas

"My instant tan looks streaky"
JAMES SAYS "Dab product onto the patchy areas with your finger and blend with a bronzer brush."

"How do I apply tan on my hands without getting orange palms?"
JAMES SAYS "Once you've tanned your arms to the wrist area, drag a pea-sized amount over the tops of hands and in between fingers – less is more."

"I'm tired and want to go to bed with tan on. Will it ruin my sheets?"
JAMES SAYS "A good instant tan will dry very quickly, so there should be little excess on clothing and sheets. But if some colour does transfer, wash-off tans should wash off!"

"My skin is dry. Can I apply moisturiser before my instant tan?"
JAMES SAYS "Yes – in fact, it's best if you do, because moisturiser helps create a smooth, even finish."

"I need to leave for an event ASAP. How long does it take for instant tan to dry?"
JAMES SAYS "Think of it as make-up. Once applied, gently buff with a soft flannel to check it's dry and you're good to go."



2 OILS

FOR A SEAMLESS GLEAM
Sunlight Elixir Tinted Dry Oil Body £11.99 Bourjois. Has a pearly sheen and an SPF15. **After Sun Shimmer Oil** £32 clarins.co.uk. Can be used every day, not just after sun.



1 CREAM

FOR A FLAWLESS FINISH
Sublime Bronze Dream Legs BB £9.99 L'Oréal Paris. Blurs imperfections and smooths out skintone for up to 24 hours.



1 CULT PRODUCT

THE BACKSTAGE BEAUTY MUST-HAVE
Face And Body Foundation £28.50 maccosmetics.co.uk. Like a traditional foundation, it covers problem areas and creates an even skin finish.



1 GEL

FOR A BRONZED GLOW
Instant Bronzing Gel £12.95 sienna-x.co.uk. No fake tan smell and dries in lightning speed.



1 LOTION

FOR A TINT
Body Bling Original Moisturizing Shimmering Body Lotion £27 Scott Barnes. Apply like a moisturiser and use it to highlight the décolletage.

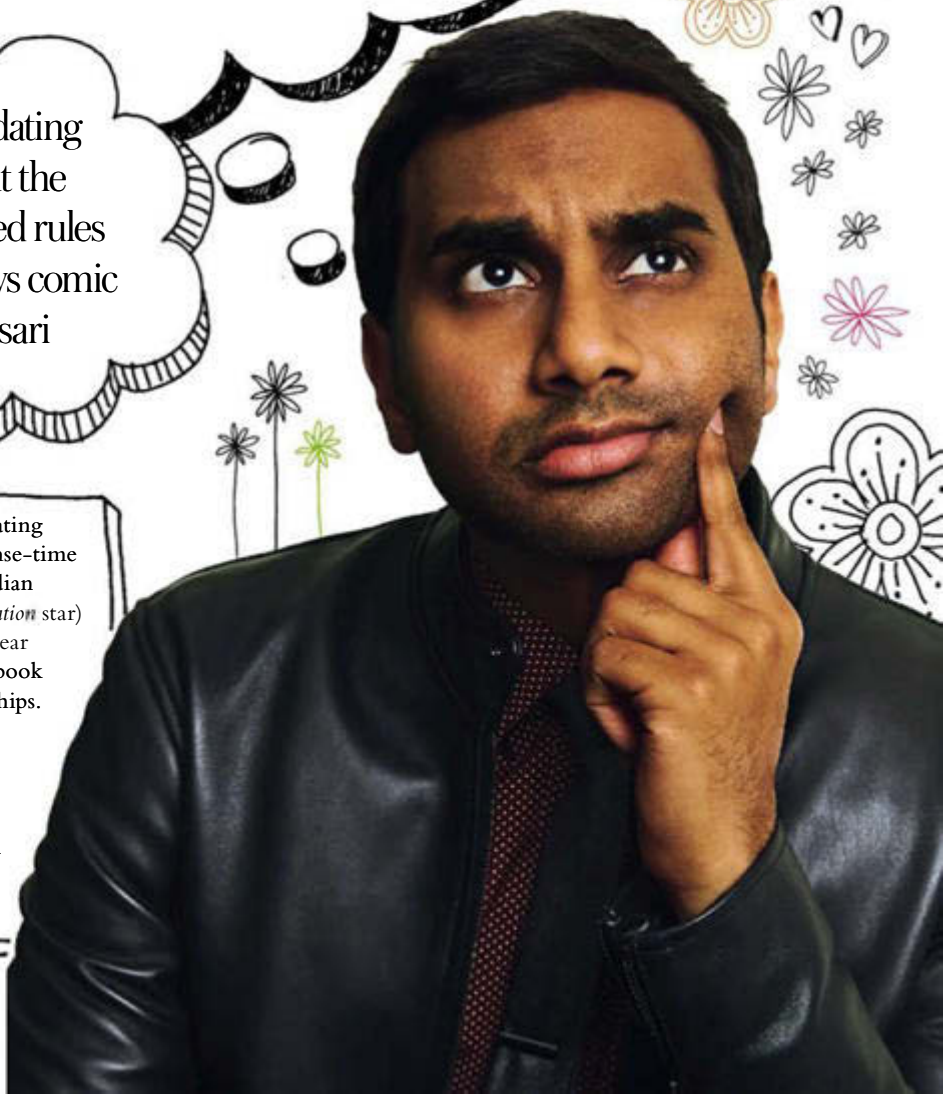


Photograph: Kenneth Willardt. Still lifes: Jody Todd

DEAR BRITISH WOMEN...

It's a new dating world, but the old-fashioned rules still apply, says comic Aziz Ansari

From online dating to text-response-time games, comedian (and *Parks And Recreation* star) Aziz Ansari spent a year researching his new book on love and relationships. He discovered how we're looking for love – and also how we're scuppering our chances. So what can he teach us about the dating game?



Thoughtful texts make all the difference

We held focus groups for the book and it was interesting to read the texts women received from guys. "Hey, what's up?" seems pretty innocuous – until you see that six other guys texted her the same thing on Friday. Inviting someone to a specific event, or a reference to a previous interaction, was received way better as an initial approach – whether by a man or a woman.

People are scared of phone calls

People are so used to IMing, texting and Facebook chat – basically communication mediums where you're in a separate place and can gather your thoughts – that the idea of a spontaneous call puts them on the spot. But I do believe that if you don't use that phone-call muscle, it will atrophy. If I were single, I would much prefer someone to call. It's refreshing.

Online dating can be good and bad

There are people sitting at their computer sending messages or going on horrible dates and they're frustrated, but there are also people falling madly in love and getting married to people they would never have met otherwise.

Romantic relationships aren't the only fulfilling ones

So keep spending time with family and friends, working, and getting on with your life. Invest in those, be happy in your own time, and you'll probably increase your likelihood of encountering a romantic partner anyway.

You can always think there's someone better out there

Sometimes, having too many options leads to being less satisfied because it's harder to make a choice. There is no way to know you have the best person unless you see every single person who exists, and that's impossible.

Spend less time communicating on devices

Instead of texting back and forth, schedule a meet-up and actually spend time with the person you're messaging, because that's when you're going to figure out if there's something there between you.

Passionate love gives way to companionate love

Which initially seems like a bummer. Yeah, that passion is a beautiful, intense thing, but if you continually have that intense feeling, the rest of your life ends up suffering. I know that when I've been there, I haven't been on top form work-wise and I've been distracted. With companionate love you can maintain the love *and* have a well-rounded life.

Modern Romance by Aziz Ansari with Eric Klinenberg is out now ▶

By Helen Whitaker. Illustrations: Philippa Williams. Photograph: Danielle Levitt

Amanda by numbers

One woman, 22 films and a worldwide box office of around $2.155bn. She's played call girls, nerdy best friends and, in this month's *Ted 2,* a lawyer. Here are Ms Seyfried's stats



DATE OF BIRTH

3.12.85

BORN PENNSYLVANIA

Mamma Mia!

How could we resist her?
Seyfried's 2008 breakthrough is still the most successful movie musical ever.



Number of British households that own a copy: 1 in 4

1,669,084

copies of the DVD sold on the first day.

7

SOUNDTRACK CREDITS

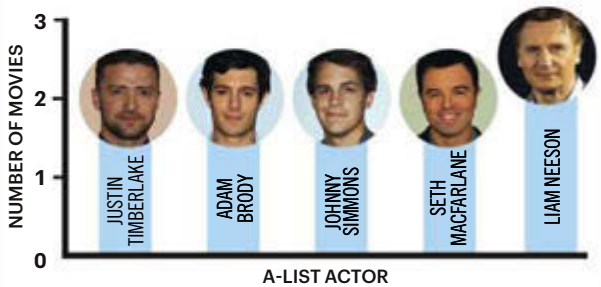
1 *Honey, Honey* **2** *Our Last Summer* **3** *I Have A Dream* **4** *Lay All Your Love On Me* **5** *Slipping Through My Fingers* **6** *Waterloo* **7** *Thank You For The Music*

7

MOVIES BASED ON BOOKS

1 *Mean Girls* (*Queen Bees & Wannabes* by Rosalind Wiseman)
2 *Letters To Juliet* (by Lise and Ceil Friedman)
3 *Dear John* (by Nicholas Sparks)
4 *Red Riding Hood* (*Little Red Riding Hood* collected by Charles Perrault)
5 *Boogie Woogie* (by Danny Moynihan)
6 *Les Misérables* (by Victor Hugo)
7 *Epic (The Leaf Men And The Brave Good Bugs* by William Joyce)

HER REPEAT MALE CO-STARS



SHE KISSED A GIRL AND SHE LIKED IT



2

times (with Megan Fox in *Jennifer's Body,* and Julianne Moore in *Chloe*).

By Mark Eccleston and Hanna Woodside. Photographs: Rex Features, Getty Images, Allstar

Hot films + TV...

...worth ditching the sunshine for

Screen weddings

...plus 1 'I don't'



Cosette and Marius (Eddie Redmayne) in *Les Misérables*, Missy and Alejandro (Ben Barnes) in *The Big Wedding*, Linda Lovelace and Chuck (Peter Sarsgaard) in *Lovelace*. Sophie and Sky (Dominic Cooper) cancel the wedding and go travelling in *Mamma Mia!*

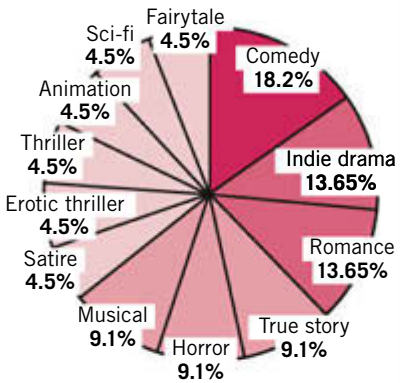


MTV AWARDS

Number of nominations 4



GENRE SWAP



AMANDA'S TAXIDERMY COLLECTION

(IN ORDER OF SIZE)



Owl, raccoon (wearing a jet pack), goat, deer, miniature horse and moose.



FILM



HOT PURSUIT

Reese Witherspoon and Sofía Vergara make a good, mismatched pair as Cooper, an evidence-room cop (Witherspoon), and Daniella, a drug boss's wife (Vergara), who end up on the run together when Daniella is due to give evidence against the cartel. This is a big-hearted, daft road movie that gets over some dodgy comedy through the sheer energy of its stars. ✪✪✪



MAGIC MIKE XXL

With our tongues firmly in cheek, we rejoin Magic Mike (Channing Tatum) and his musclebound pals for a roadtrip to a stripping convention, complete with pit stops to stretch their legs (and show off their routines – Joe Manganiello's turn in a petrol station? Wow). The finale is a joyous blur of fake-tanned meatiness and acrobatic grinding. Ludicrous fun. ✪✪✪✪

TV



WET HOT AMERICAN SUMMER: FIRST DAY OF CAMP

This A-list fest is a prequel to the 2001 cult comedy film *Wet Hot American Summer*, and the original cast – Amy Poehler, Elizabeth Banks, Bradley Cooper and Paul Rudd – have reprised their roles for the screwball summer camp send-up. Don't expect anything highbrow: think super-silly, *Anchorman*-style laughs. *Netflix, July 31*



VEEP

Five-time Emmy winner and comedy goddess Julia Louis-Dreyfus returns as politician Selina Meyer for Season Four, as she and her bumbling staff are preparing for the upcoming election (look out for guest star Hugh Laurie as her conniving running mate). Four seasons in, the dialogue is just as ferocious – and funny – as ever. *Sky On Demand, July 4* ▶



Glamrocks

Awesome music (without the muddy field)

YEARS & YEARS Communion
As winners of the BBC's Sound of 2015 poll, expectations are high for the trio's debut album. And they have seriously delivered. Each track is a small masterpiece in its own right: from the dark, brooding opener, *Foundation*, to the RnB vibes of *Shine* and the techno-layered delight of *Worship*. The astonishing vocal range of frontman Olly Alexander (he's an actor, too – you might recognise him from *The Riot Club*) brings it all together. Bravo. ✪✪✪✪✪

LIANNE LA HAVAS Blood
Kicking it up a notch, the Londoner's second album takes her soulful sound and transforms it from pensive to powerful. Making the most of her maturing voice, the raw energy of *Ghost* and *Good Goodbye* is instant-goose-bumps material. We love the modern twist on folk that she plays with in *Grow*, too – and you get the feeling there's plenty more magic to come. ✪✪✪✪

MS MR How Does It Feel
The electro-pop duo's second album explodes with an adrenaline-fuelled confidence: this is a record with attitude. The first two songs, *Painted* and *Criminals,* hit you with heavy basslines, while the title track has all the high-octane drama of Florence + The Machine. There's time to catch your breath with the more ethereal *Wrong Victory,* but we're enjoying this new amped-up, in-your-face sound. ✪✪✪✪

Glamreads

Park. Picnic. Perfect summer books



The Seed Collectors *by Scarlett Thomas*
Meet the relatives of spiritual guru and botanist Great Aunt Oleander. When she dies, she leaves a mysterious, valuable but possibly poisonous seed pod to each of her scions. What follows is a smart and witty family drama, taking in secrets, sex, suicide, celebrity and the meaning of life.

The Parrots *by Alexandra Shulman*
Antonella and Matteo are the Italian children of Katherine's old schoolfriend Ann. When the twenty-somethings arrive in London, they worm their way into Katherine's gilded social circle. But Katherine's money proves no barrier to disaster. The dark ending will leave you gasping.

The Dust That Falls From Dreams *by Louis de Bernières*
Louis excels at romantic historical fiction with a sprawling cast of characters. This time he homes in on *Downton*-era Britain, as the Edwardian age gives way to WW1, with the story following the lives and loves of Rosie McCosh and her three sisters. One to lose yourself in.

The Quality Of Silence *by Rosamund Lupton*
Yasmin and her deaf daughter, Ruby, arrive in Alaska to meet up with her husband, documentary-maker Matt. But he is missing, presumed dead, so they set off in a stolen truck, in search of the truth. A gripping, twisting tale.

Nothing But Trouble *by Matt Cain*
Cain is the former *Channel 4 News* culture editor, so he knows a thing or two about the seedy underbelly of celebrity. His second novel is set in the music industry: Lola Grant is Britain's biggest pop star, but mouthing off, getting paralytic and shagging wrong 'uns looks set to derail her career. Frothy and fun, this is a sun-lounger win. G

By Kerry Potter and Phoebe Wood. Photographs: Jody Todd

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JIMMY CHOO MAN - JIMMY CHOO

KNOT - BOTTEGA VENETA

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ROBERTET - LIGHT MY FIRE - KILLIAN

SPLENDID WOOD - YVES SAINT
LAURENT

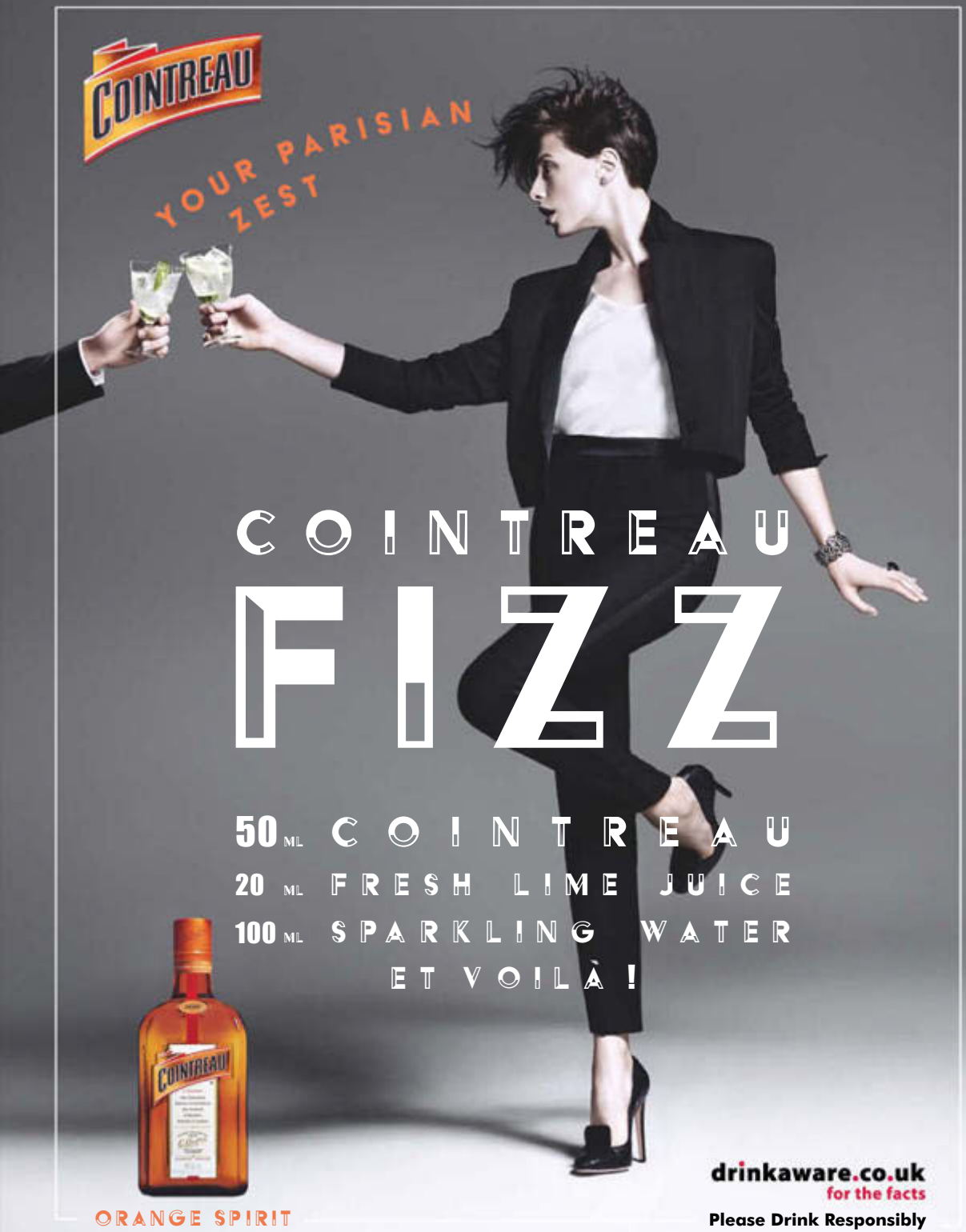
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WOOD SAGE & SEA SALT - JO MALONE
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GLAMOUR
Fashion + Beauty
AUGUST 2015



TAKE A DIP...

... into bright beach make-up and geometric prints

Plus First peek at our autumn designer wish list ▶

Photograph: Derek Kettela



THE '60s SILHOUETTE
Leather and wool dress £2,547 and **leather sneakers** price on request both Céline

THE AUTUMN EDIT

THE WAIT IS OVER – FASHION'S A-LIST HAVE DELIVERED. HERE'S WHERE THEY (AND OUR WARDROBES) ARE HEADING THIS SEASON

Photographs by **Andreas Öhlund & Maria Therese**

Fashion Director **Natalie Hartley**



THE SUIT
Double jersey jacket £1,335, **mohair T-shirt** £340, **silk shirt** £480 and **double jersey trousers** £515 all Prada



THE BARE SHOULDER
Wool top £500 and **wool trousers** £920 both stellamccartney.com



THE FLOOR-LENGTH COAT

Suede and shearling coat price on request, **leather waistcoat** £2,005 and **silk blouse** £545 all Chloé



THE LAYERED LOOK
Leather jacket £2,975, **nylon-mix top** £425 and **silk skirt** £1,195 all Loewe



THE DOUBLE-BREASTED COAT

Shearling coat price on request calvinklein.com; **cotton roll-neck** from a selection intimissimi.com; **faux-leather boots** from a selection stellamccartney.com



THE GO-TO HUE
Brown cashmere pullover £856 Michael Kors; **cotton roll-neck** from a selection intimissimi.com; **brown wool cropped trousers** £496 Michael Kors; **rhodium-plated gold and silver necklace** £59 swarovski.com



THE
STATEMENT
DRESS
Embellished wool dress price on request
dolcegabbana.com



THE LEATHER DRESS
£2,430 Thomas Tait at matchesfashion.com



THE A-LINE MINI

Wool coat price on request and **vinyl boots** £1,100 both Dior



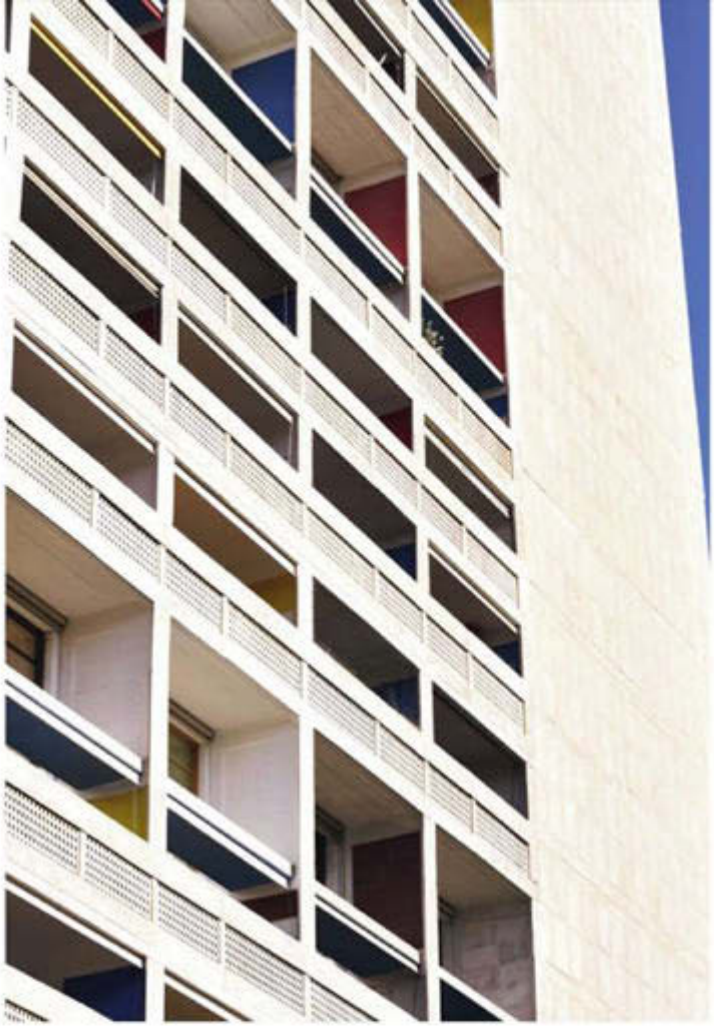
THE BELTED COVER-UP

Wool and alpaca coat price on request Hilfiger Collection at tommy.com; **suede boots** price on request Loewe



THE BERET
Wool beret £160, **silk lace top** £650 and **leather skirt** price on request all gucci.com

Hair: Nao Kawakami at Saint Luke Artist Management, using Kiehl's
Make-up: Veronica Lindqvist at Mikas Looks
Model: Anni Jürgenson at Marilyn Agency
Senior Fashion Assistant: Charlotte Lewis



THE RIGHT LINES

TEAM BOLD COLOURS AND GEOMETRIC PRINT FOR WINTER'S SHARPEST LOOK

Photographs by **Michael Hemy** Fashion Editor **Karen Preston**



Lurex top £915, **leather skirt** £865 and **cotton corduroy trousers** £410 all j-w-anderson.com; **gold-plated brass ring with lapis lazuli stone** £125 studiouribe.co.uk; **gold-plated sterling silver ring** £80 thomassabo.com



Yellow wool dress £605 Sportmax; **blue cotton top** £12 dorothyperkins.com; **gold-plated brass ring with lapis lazuli stone** £125 studiouribe.co.uk; **gold-plated sterling silver ring** £80 thomassabo.com



Silk dress £1,875, **wool trousers** £675, **patent leather belt** £95 and **leather boots** (just seen) £675 all Loewe; **gold-plated brass ring with lapis lazuli stone** £125 studiouribe.co.uk; **gold-plated sterling silver ring** £80 thomassabo.com



Nylon jacket £880 Emporio Armani; **gold-plated brass ring with lapis lazuli stone** £125 studiouribe.co.uk; **gold-plated sterling silver ring** £80 thomassabo.com



Red wool coat £625 DKNY; **white, blue, yellow and black wool top** £430 Iceberg; **blue cotton trousers** £340 Carven; **blue leather boots** £675 Loewe



Wool jumper price on request Just Cavalli at harrods.com; **gold-plated brass earring with lapis lazuli stone (part of pair)** £150 studiouribe.co.uk; **gold-plated sterling silver earring (sold as single)** £295 Loewe

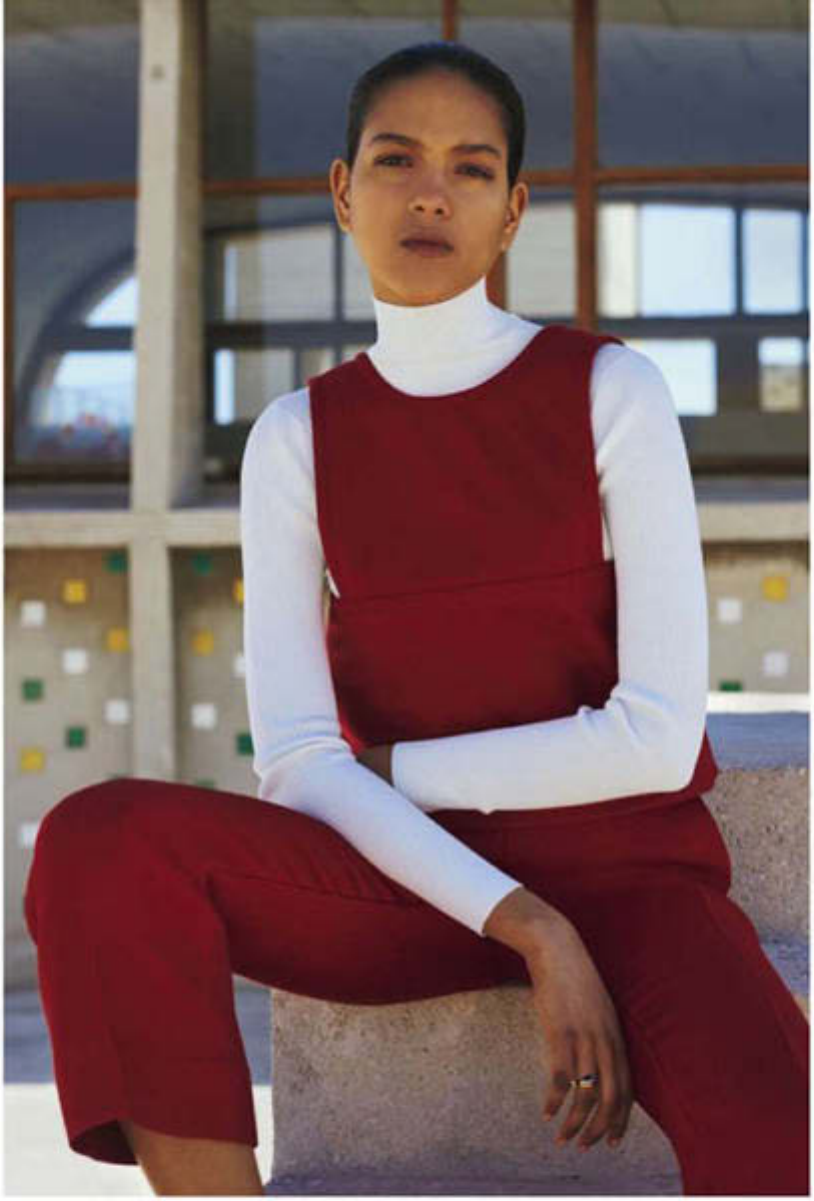








Silk dress price on request Christopher Kane; **gold-plated brass ring with lapis lazuli stone** £125 studiouribe.co.uk; **gold-plated sterling silver ring** £80 thomassabo.com



Wool top £785 Fendi; **wool polo-neck** £120 Polo Ralph Lauren at ralphlauren.co.uk; **wool trousers** £785 Fendi; **gold-plated brass ring with lapis lazuli stone** £125 studiouribe.co.uk; **gold-plated sterling silver ring** £80 thomassabo.com

Hair: Louis Ghewy at The Book Agency. Make-up: Akgun Manisali at The London Style Agency, using Mac. Model: Joline Braun at Premier. Fashion Assistant: Chloe Bloch

What Blake did next

[redacted]

She's the TV heroine turned big-screen star who's a lifestyle guru, too. Add in a wedding and a baby, and Blake Lively's been busy. No wonder her motto is 'do it all' ▶

By **Brooke Hauser** Photographs by **Mario Testino**





A few years have passed since I last interviewed Blake, and a lot has changed: she and her husband, Ryan Reynolds, had a daughter, James, last December. Remarkably, with the help of baggy clothes, Blake kept her pregnancy a secret for *seven* months. When she finally shared the news, she did it on her own terms – posting a photograph of herself cradling her obviously pregnant belly on her lifestyle website, Preserve – before the paparazzi could beat her to it.

"That was my way of owning the moment. I can't be someone like Beyoncé and be like –" she mimes throwing open a jacket and showing off her belly, a reference to Beyoncé's onstage announcement of her pregnancy at the VMAs in 2011. "But it was important for us. It was a struggle, because we want to keep our privacy, but we also don't want our lives to be exploited by other people. So we did it simply; it was a quiet way, an elegant way."

For someone who was born in 1987, Blake seems to have an awful lot mapped out – and considers her family to be her number-one priority. "I feel like I've figured out the most important thing to me," she says, "and everything supports that." Compared with other actresses her age, she exudes a self-assuredness that makes her seem much older than 27. Other times, she simply seems old-fashioned. It's not just her penchant for saying 'gosh' and 'goodness gracious' – when I ask if she ever wished she'd had more of a chance to sow her wild oats before settling down, Blake interprets the expression to be much more explicit than I'd intended: "Oh, my God. That is so nasty. Sowing your oats? Lord have mercy!" (We briefly discuss the idiom's etymology. "I think it's like, you know, getting around," she says.)

It's easy to see why she gravitated toward her most recent role, in *The Age Of Adaline*, a story about a woman who, after surviving a car accident, is rendered immortal; she passes through decades but never ages. Like her character, Blake seems to be of another era. She was already in her first trimester while shooting the film and came out of it with a new take on certain age-old preoccupations. "People are obsessed with beauty and youth and with looking and feeling young forever," she says. "But look at a woman who is granted that: she's trapped, because it's tragic to be young forever."

> "People are obsessed with beauty and youth and with looking and feeling young forever"

If Blake sounds philosophical, that's because lately she has given a lot of thought to the meaning of life – her life. When *Gossip Girl* ended in 2012, she took a long hiatus from acting. "I wanted to reset," she says. During that time, she launched Preserve, where she shares recipes, spotlights artisan crafts and designs, and invites visitors to shop the site, with a portion of the proceeds going to Covenant House, a charity supporting homeless youth.

"It taps into so many of my own passions, but it is also a business that I can control. If I can be successful at this, I have security for my family," she says. "I'm in a profession, acting, where it's really for-hire – I offer a service that people hire out. I love it, but it's not something I can control."

Blake isn't a control freak: still, she knows what she likes. She has strong opinions about what we should order for dinner, how a flourless chocolate cake should be served ("Can you make it warm?"), and how to dress for the Met Gala (aim for "daring" instead of "safe and pretty", otherwise don't bother showing up). In an industry that sometimes seems like an assembly line churning out starlet-widgets, Blake is singular, one of a kind. She knows quality when she ▶

Blake: "My life in pictures"

Late 1980s: Childhood photo
"I wish I still had that dress for my daughter. I just had such a happy childhood that I don't really feel different. It's like, how could I wear that dress now, and a big bow?"



2007: Seventh On Sale dinner, New York
"Big fashion event. It was about a month after *Gossip Girl* started, and Michael Kors invited me. There were all these beautiful dresses, but I always loved yellow; I think my mom told me one Easter I looked pretty in yellow."



2008: With Leighton Meester in *Gossip Girl*
"When parents would say, 'My teenager is watching your show,' I wanted to say, 'Hold on. Why? Are you having a talk with them after?' From the drug use to the point where we're killing people, it's sexual and salacious. I loved it when they put Blair and Serena as best friends supporting each other."



2009: CW event, New York
"I think I'd just come back from a vacation. That might be why I'm so tan and feeling sunny. I'm wearing Lorraine Schwartz, I was always a huge fan of hers. But I'd wear another shoe now: something fun."



2011: Starring with Ryan Reynolds in *Green Lantern*
"I loved having brown hair. You feel different. I also felt different as a redhead. People treat you differently. Honestly, people respect you more with brown hair. They're a little goofier with you, a little zanier, when you have red hair."





2012: *Savages* premiere, LA
"I love that dress. I think they had a Barbie with that dress. I wanted them to name the Barbie after me… but they said something like, 'worn by a Hollywood actress'. But how cool would that be to show my kids?"



2013: With Michelle Obama at a student film symposium in Washington, DC
"That was a pinch-myself moment. I thought, how did I not go to college and then have the opportunity to speak at the White House? I met President Obama a few months later. He's disarmingly self-deprecating and funny. They're really warm people. Michelle really took the time [that day] to talk to each person in line and ask them why they were there and to say how appreciative she was."



2014: With Reynolds at the Met Gala, New York
"It was the first time we were on the red carpet together. It's scary to put yourself out there, but it seems silly to be standing five feet from each other. It's that balance of keeping our privacy but not being absurd. Then you think, it would be nice [for James] to see a photo of Mommy and Daddy dressed up together."



2014: At the Cannes Film Festival
"That might be my favourite dress I've ever worn out. Every little girl wants to wear a ball gown, I think. Well, not every little girl, but the little girl that I was wanted to wear a ball gown. That was my Disney-princess [moment] that I get to relive."



2014: The Angel Ball, New York
"That shows how happy I was to dress like I was pregnant, after wearing big tents. That was a regular Gucci dress; when they sent it to me, they didn't know I was pregnant. It was so stretchy. It was fun to be pregnant and to feel like I could own my womanhood."

◀ sees it, and she surrounds herself with people and projects that make her proud.

One of five children raised in a family of actors in Burbank, California, she grew up viewing her future career as just that – a job, not a lifestyle, though the two overlap. She landed her first big role in *The Sisterhood Of The Traveling Pants* in 2005, and to this day is still close to her co-stars, Alexis Bledel, Amber Tamblyn and America Ferrera. "Three of us have getaways. We'll go to different houses and kick our husbands out – they start lingering in the kitchen too long, and we're like, 'Hey, beat it. It's our time.'"

Female friendship is important to Blake, who considers a movie like *Sisterhood…* a rare depiction of young women supporting each other instead of stabbing each other in the back. Of course, she might have a slightly skewed perspective, having spent five years starring as bad-girl socialite Serena van der Woodsen on *Gossip Girl*.

"People loved it, but it always felt a little personally compromising – you want to be putting a better message out there," says Blake, who found that the audience confused her with her TV alter ego. "The lines become blurred. It doesn't help when everyone is dating who they're dating on the show, and you're also saying to the costume designer, 'Hey, can I take that home?'" she admits. "But it's a weird thing when people feel like they know you really well, and they don't."

It's a testament to Blake's acting ability that she was so convincing in the role. In real life, she's said, she doesn't drink, and she has never done drugs. Far from world-weary, she is wide-eyed. Talking about her *Age Of Adaline* co-star Harrison Ford, she's practically giddy. Granted, she hadn't actually seen *Indiana Jones* or *Star Wars* until Ryan made her sit down and watch them. "My husband was so geeked out that I was working with 'Dr Jones'," she recalls.

Blake does occasionally fan-girl hard, especially in the realms of art and design – her fandom is essentially the foundation for Preserve, which features projects she has collaborated on with people she admires. "I call them personally: 'Can I learn to paint with you?' I never went to design school, but I can call a designer and say, 'Can you take this and alter it?'" she says. "I love that, because that's me getting an education."

She never went to college, but dreams of attending some day. "I love learning. You could roll the dice and send me to any class, and I'd be happy," says Blake, who's taken French lessons and cooking classes in her travels all over the world. "Most of the things I do are all-consuming, but somehow I find a way to do it all. It's not having it all; it's about doing it all," she says, "but it's dangerous to dilute that to a catchphrase." Blake is doing her best to ensure that I won't print what she says out of context. So here's some more context:

> "Who says we can't do anything that we set our mind to?"

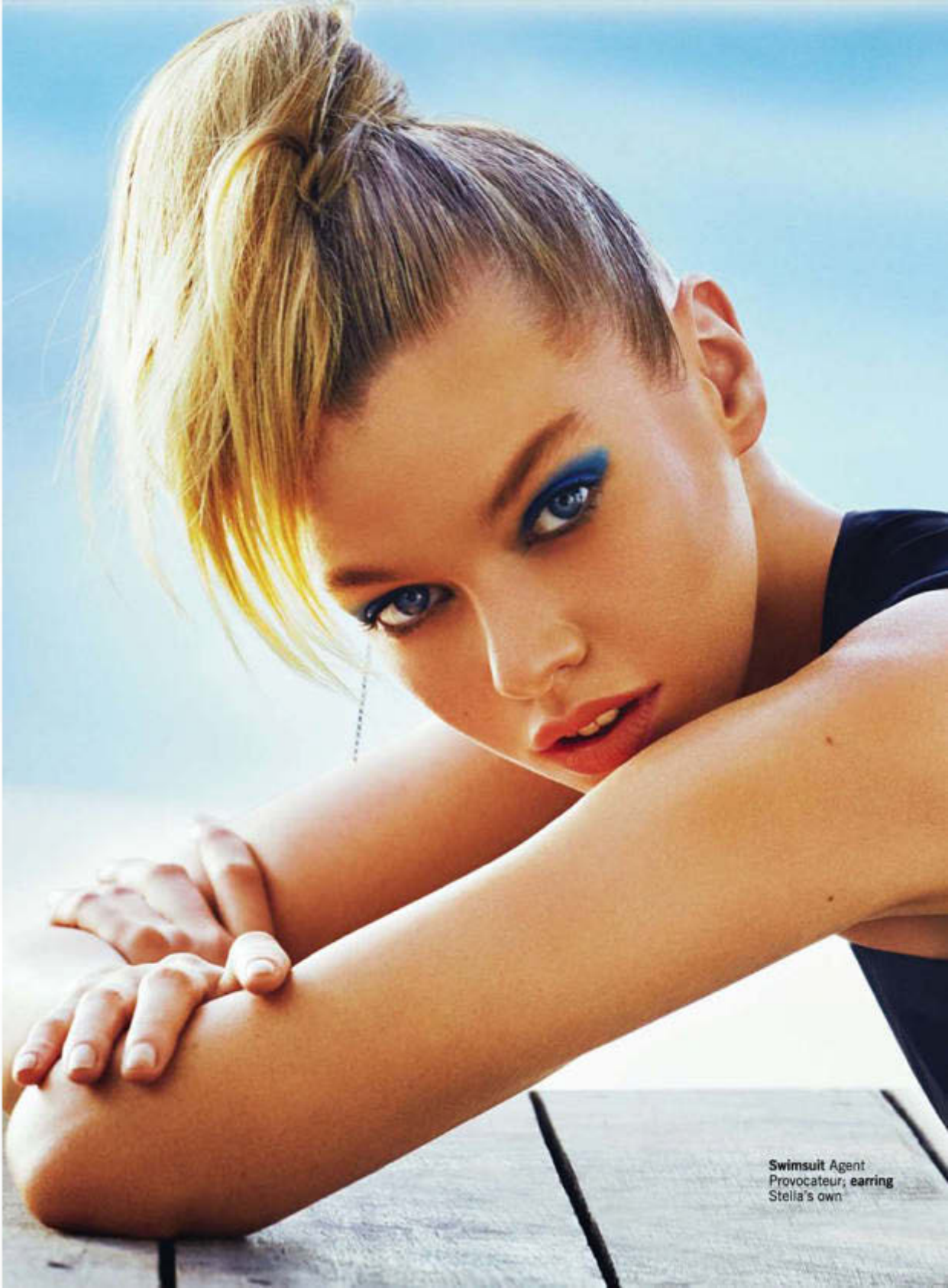
"Having it all could be having a happy, healthy family, and you could be a mother who stays at home, and that is the most admirable thing you could do. Or it could be having a profession that you really believe in, and not have a family, and doing what fulfills you." What's risky is reducing anyone's lifestyle choice to a sound bite, she adds: "If it's not a part of a conversation with someone face-to-face, those bites are why women tear each other apart or why the media will tear people apart."

The actress needs to get back soon to her daughter, who's at home with Blake's mother, though it's tempting to enjoy her freedom for a little while longer. "I slept for two hours and nine minutes last night," she says. "I have a timer."

That's the thing about doing it all: it can be exhausting. But for Blake, it's worth it. "I don't believe I have to choose – who says so?" she asks. "Who says we can't do anything that we set our mind to? You may not be the best at it. You may not be the most successful. But you can try your best. That's what 'having it all' means to me – not letting anyone tell me no but myself." G

The Age Of Adaline is out on DVD and Blu-Ray on September 14

Fashion Editor: Paul Cavaco. Hair: Orlando Pita of Orlo Salon. Make-up: Charlotte Tilbury. Manicure: Gina Viviano. Shirt by Jil Sander. Boxer shorts by Jockey. Photographs: Getty Images, Goff Photo, Corbis, Feature Flash, Landmark Media, Allstar, Rex Features, Splash News



Swimsuit Agent Provocateur; **earring** Stella's own

Wear it bright

...on eyes, lips, cheeks – because when the sun comes out, it's time to bring on the colour.

By **Alessandra Steinherr**

Bright make-up? It must be summer. Vivid colours are a warm-weather staple, but we've moved away from the same old combinations to show you a fresh twist on our favourite bold looks. "I wanted to do a story about contrasting textures that still feel summery, but with a bit more bite," says make-up artist Fiona Stiles, who created these looks on rising British supermodel (and Victoria's Secret Angel) Stella Maxwell.



WINGED NAVY EYE

Summery make-up tends to be quite smudgy and soft. Here Fiona chose a flat blue shadow and drew it on as a sharp, feline shape, which makes it look "more like a definite look". Try **Aqua Matic Waterproof Glide-On Eye Shadow in I-22** £16 Make Up For Ever – the formula will stay put even in severe humidity or after a dip in the ocean. Team with a neutral lip. ▶

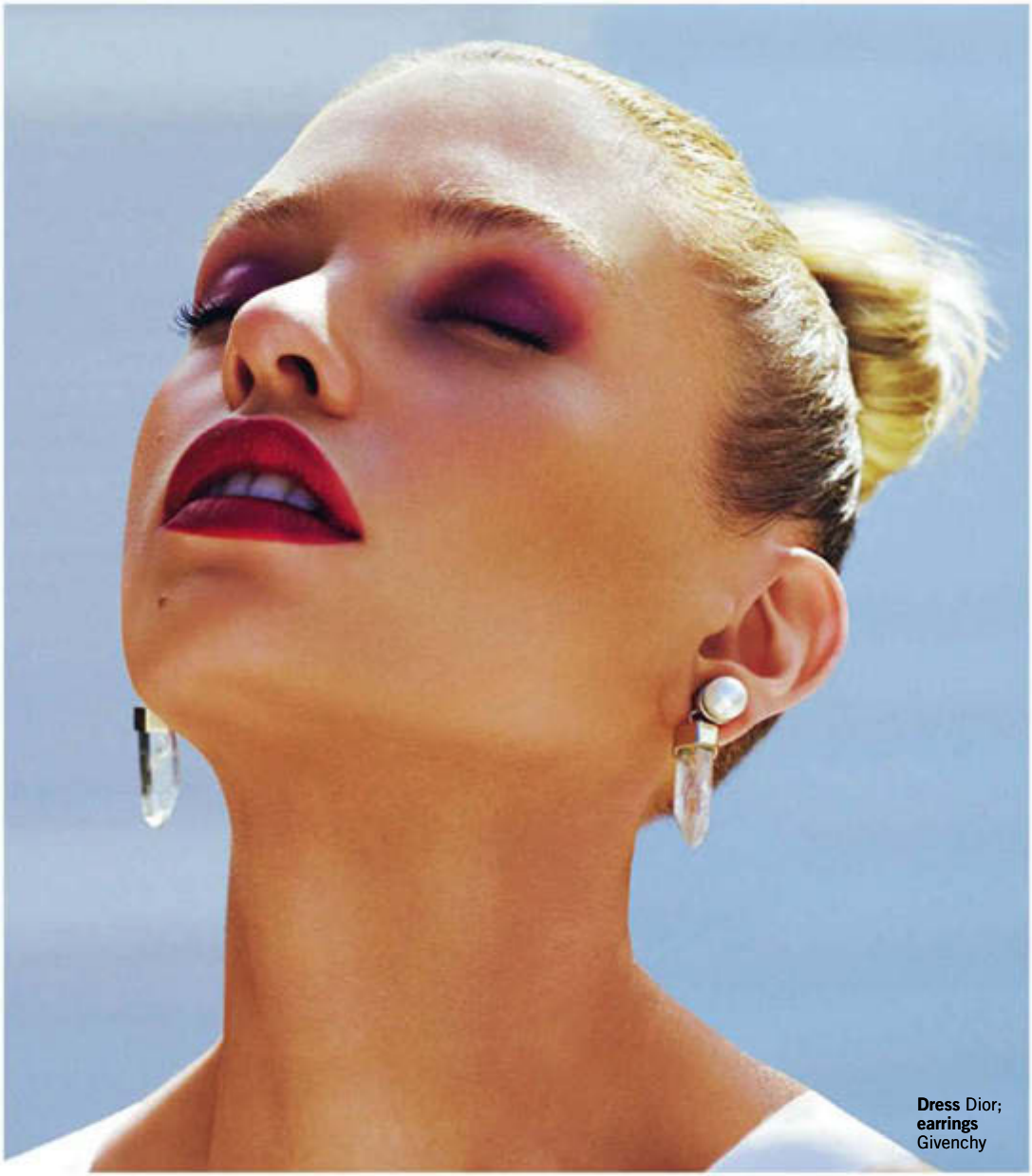
Photographs by **Derek Kettela**



Top Triangl; **skirt** Paul & Joe; **netting** MacCulloch & Wallis

LIQUID LINER + A FULL RED LIP

It's the ultimate couture look, which translates effortlessly to holiday beauty. For the distinct slash of liner, Fiona used **The Autographique Liner in Chat Noir** £33 Surratt. Starting past the inner corners, she drew it up, thickening the line outwards. She amped up Stella's lips by drawing **Pro Longwear Lip Pencil in High Energy** £15 maccosmetics.co.uk all the way into the edges to create a fuller pout, before adding **Paint Wash Liquid Lip Colour in Vermillion Red** £22 Laura Mercier on top.



Dress Dior; **earrings** Givenchy

MATTE METALLIC

Wait, what? While matte metallic may sound like an oxymoron, it actually lends deep colours a more muted feel. A plummy eyeshadow makes for an unpredictable choice, but gets a dreamy '70s vibe when teamed with a shimmery pencil (**Amazonian Clay Smokey Shadow Stick in Rose Gold** – part of a duo set, £26.50 Tarte). And a metallic garnet lip looks less dramatic and heavy when it's blotted down to a stain (**Pure Pigment in Berber** £16.50 illamasqua.com). ▶

HIGH-SHINE LIP

The way to pull off a crazy-bright orange lip is with an otherwise toned-down face, defined brows and slicked-back hair. (A white bathing suit and sunglasses work well, too.) "We've seen a lot of punchy lipstick worn as a stain," says Fiona. "Here I wanted it to look super drenched, almost wet." Pro tip: tap concealer over your lips before layering the colour to get the full intensity. Stella is wearing Super-Saturated High Gloss Lip Color in Punch Drunk £14 urbandecay.co.uk



Swimsuit Melissa Odabash; **sunglasses** Michael Kors; **earring** Stella's own


Paint Wash Liquid Lip Colour in Vermillion Red £22 Laura Mercier
Pure Pigment in Berber £16.50 illamasqua.com
Pro Longwear Lip Pencil in High Energy £15 mac cosmetics.co.uk
Amazonian Clay Smokey Shadow Stick in Rose Gold, part of a duo set £26.50 Tarte
MAKE IT POP
...with our pick of summer's brightest hues and coolest metallics
Aqua Matic Waterproof Glide-On Eye Shadow in I-22 £16 Make Up For Ever
MAKE UP FOR EVER
PROFESSIONAL · PARIS
AQUA MATIC
Eyeshadow in Fireball £14 urbandecay.co.uk
Giambattista Valli For Mac Matte Lipstick in Tats £19 maccosmetics.co.uk ▶
URBAN DECAY
SUPER-SATURATED
PUNCH DRUNK
HIGH GLOSS LIP COLOR
Super-Saturated High Gloss Lip Color in Punch Drunk £14 urbandecay.co.uk



Swimsuit Melissa Odabash; **earrings** Theodora Warre



ELECTRIC PINK

Forget barely there. The way to wear pink this summer is boldly teamed with a contoured eye. "It's a bit like taking runway make-up to the beach," says Fiona. "The idea is to experiment and have fun – and to be unexpected." She applied shimmery peachy shadow (**Eyeshadow in Fireball** £14 urbandecay.co.uk) all the way up to the brows and defined the crease with a matte brown shadow. After lining eyes with a chocolate brown pencil, she applied multiple coats of **Sport Waterproof Mascara** £18 Eyeko on top and bottom lashes. She filled lips with liner before slicking on **Giambattista Valli for Mac Matte Lipstick in Tats** £19 maccosmetics.co.uk (skip the lip pencil for a more casual finish). G

Styled by Alessandra Steinherr
Assisted by Dominique Temple
Model: Stella Maxwell at Oui Management
Make-up: Fiona Stiles at The Wall Group
Hair: Eric Gabriel at The Wall Group
Still lifes: Sudhir Pithwa

GLAMOUR's Hair Heroes

Influencing the A-list, the catwalks and *your* next style, these are the power-players to know now.

By **Grace Timothy** and **Sarah Jossel**



THE PERFECTIONIST
Luke Hersheson

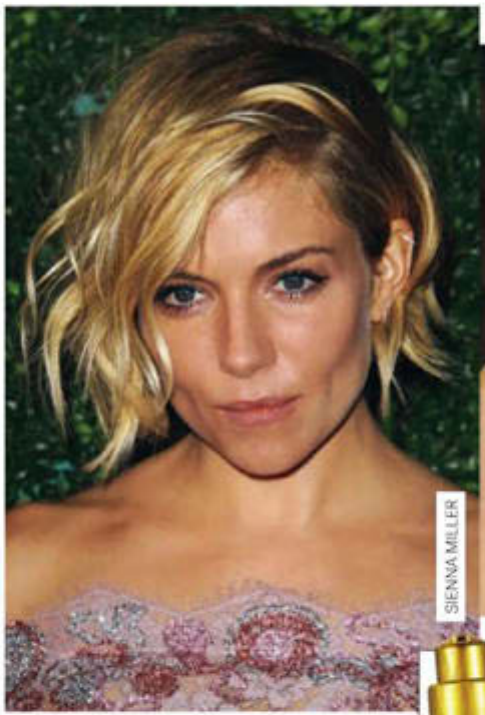
When it's time for a makeover – no matter how big or small – Luke's your man for a game-changing cut. Just see Sienna and Keira's style transformations… (hershesons.com)

How to get your perfect cut

1 "A haircut doesn't necessarily mean going for a crop. Look for cuts that change up the style while keeping the length."

2 "Bring in pictures of hair you hate as well as love – it's good for the stylist to know what you're *not* into!"

3 "Before you ask for a celebrity haircut, put your thumb over their face and make sure it's their hair you love."





You'll know him for...
Sienna's 2014 crop.

Something you didn't know...
Luke is addicted to white Converse sneakers – he gets through at least two pairs a month.

...and another great cutter
Robert Eaton at Russell Eaton Leeds (russelleatonhair.com; 0113 246 9162).






PAUL & JOE


PREEN



THE TRENDSETTER
Syd Hayes

If Syd says 'ponytail,' we say 'how high?' He's fast made a name for himself at Fashion Week with his gorgeous, easy-wear looks.

Syd's style predictions

1 **Play with texture** "It's not just about straight or curly this season. I love the '70s wave I did at Preen – people should experiment."

2 **Add an accessory** "You can turn something so simple into **a 'done' look. I love playing with** barrettes and bows: check out what I did at Paul & Joe."

Syd's big backstage break

"I assisted the hair legend Guido Palau backstage at a few shows, and eventually became the UK Ambassador for L'Oréal Paris."

Something you didn't know...

Syd has a black belt in karate.

...and another great backstage stylist

Scott Fleming at Toni & Guy Mosley Street, Manchester (toniandguy.com; 0161 923 4648).

SYD'S BACKSTAGE KIT



Italia Brava Hairdryer £120 Babyliss PRO

Elnett Satin Precious Oil Hairspray £4.20 L'Oréal Paris ▶



THE SUPER-STYLER

George Northwood

Since George came on the scene – and straight to the top of every beauty editor's speed dial – we've all embraced his beachy waves, à la Rosie H-W. (georgenorthwood.com)

The new wave

"It's all about my Bardot Brushed Waves this season. Tong with a wide barrel in random sections, let it cool and brush it out. Simple!"

Tonging wisdom

1 "Don't tong to the ends – always leave the tips free."

2 "Use a thermal heat protection spray that's specifically for use with irons and tongs – blow-dry sprays aren't strong enough." George loves **Iron Shape 11** £13.85 Redken.

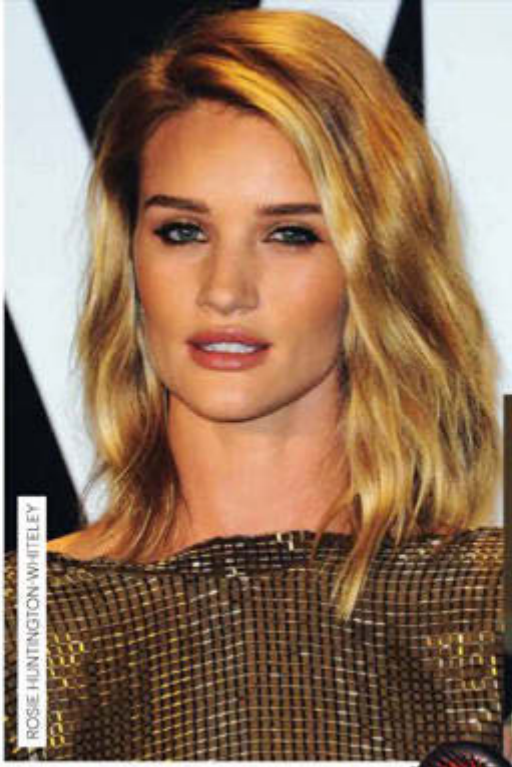
3 "Pull your hair straight after you've tonged to loosen it up a bit."

Something you didn't know...

George's nan was a hairdresser in Luton – it was watching her perm ladies' hair that sparked his dream to become a hairdresser.

...and another great tonging talent

Claire Higgs at Toni & Guy Reading (toniandguy.com; 0118 958 3303).









GEORGE'S TOP TOOLS

Ghd Platinum Styler £165 ghdhair.com

Medium Sized Small Extra B2 Hairbrush £110 Mason Pearson

7 NEW HAIR VIPs

(that's Very Important Products, FYI)



Expert Collection Strengthening Primer with Palitinia £14.99 Pantene*

This genius lotion actually prevents damage from the minute hair emerges from the scalp – something *all* hair can benefit from – with strengthening ingredients such as pro-vitamins and niacinamide.



Extreme Length Sealer £14 Redken

Not only will this protein-rich treatment strengthen and seal ends against breakage, but applied to dry hair it'll add a little shape and gloss to your 'do, too. And with ends that don't split, you'll find it grows out smoothly.



Masque Thérapiste £28.50 Kérastase

If you have thicker hair, you'll know the drill post-colour or after serious heat styling: dry, unmanageable, lacklustre. This new mask is like a cure-all balm – nourishing and smoothing out signs of damage, restoring shine and strength.

*Launches July 1, exclusive to Boots



THE 2 AFRO AFICIONADOS YOU NEED TO KNOW

1. Jennie Roberts

All about Natural curls
She styles... Thandie Newton and Gemma Cairney. (stellacreativeartists.com)

Jennie's wash-and-go tips

1 "Apply a conditioner like **Rare Blend Deep Conditioner** [£29 ojon.co.uk] to wet hair as a leave-in treatment before your styling mousse or glaze."



2 "Don't towel dry – use a diffuser on a high heat, but slow speed, when your hair's still soaking wet, so each curl is in its natural state. Don't touch your hair, just move the diffuser all around your head until it's dry. It might take 15-20 minutes, but it'll be worth it!" Jennie loves **Aura Professional Hairdryer** £145 and **Diffuser** £15 both ghdhair.com.

3 "When you've dried your hair, do a gentle massage with your fingers throughout the roots – it really plumps it up."



Jennie's top 2 transformations

1 "I love the buzz cut right now – so cool and a great way to give up relaxants or weaves."

2 "Experiment with shape like Janelle Monáe – your hair won't drop or fall out, you've got the natural support there to fold and pin your hair into whatever shape you like!"

2. Errol Douglas



All about Precision cuts
He styles... Sarah-Jane Crawford and Zoë Kravitz. (erroldouglas.com)

Errol's dos & don'ts

DO "Hydrate. Commit to a mask once a week, as afro hair needs constant moisture top-ups."
DON'T "Overwash. It makes hair extra difficult to style. You should only wash it once a week, then just wet it every few days to freshen up the curl."



...and another great fro-pro

Karla Arncliffe-Smith at Russell Eaton Leeds (russelleatonhair.com; 0113 246 9162).





Nutritive Encapsulate Sérum £35 Nexxus

How about a styling product that actually nourishes your hair, too? This shine serum is lightweight enough to use for an up-do, but the hard-working proteins beneath that glossy sheen are also helping the hair become more resilient.



Root Cover Up in Red £28.50 Color Wow

The cult root touch-up tool – a real gem if you're between colour appointments – finally comes in a red shade, a hue that suits everyone from a Jessica Chastain auburn to a full-on Florence Welch redhead.



Perfectly (Un)Done Wave Creating Sea Foam £5.50 TRESemmé

The perfect prep for beachy waves, where you want to hold the shape, but still have lots of movement through the ends. Not sticky, no crunchy finish, just hours of soft, natural-looking, wavy gorgeousness.



Elvive Nutri-Gloss Luminiser Shampoo £2.99 L'Oréal Paris

Think of your usual shine level, then double it – this new shampoo removes dirt to reveal a natural, clean sheen, then adds a silicone-based 'top coat' for a mirror finish, which lasts up to 48 hours. ▶



THE KING OF COLOUR
Josh Wood

Josh Wood is the Pantone of hair colour – and whatever look you're channelling, chances are it's because of something he did on the catwalk.

How to get your dream colour... and keep it

1 "Book a consultation and be honest – how often will you come to the salon for maintenance? What have you done to your hair before?"

2 "Condition, condition, condition. Use a hair mask once a week to keep colour looking salon-fresh."

3 "Don't over-colour your hair."

Something you didn't know...

Josh practises Jivamukti yoga every day. When he's travelling, he heads straight to a class from the airport or, failing that, takes a yoga DVD.

...and another great colourist

Blue Thomas at Sassoon Salon Nottingham (sassoon.com; 0115 950 3778).





JOSH'S COLOUR KIT

IN SALON
Instamatic by Color Touch from £15
Wella Professionals

AT HOME
Josh Wood Glossing Mask £12.50
marksandspencer.com



THE TRANSFORMATIONIST
Zoltan

Think of your dream hair texture, then book in with Zoltan and you can have it for three to six months. He turns the poker straight to curly, the frizzy to sleek silk – the magician of the hair world, he's our go-to-guy for Brazilian blow-dries.

Zoltan's NEW treatment

Using a modern digi-perm technique, Zoltan can create any style, from Kate Middleton-esque waves to beachy boho kinks – all with a high-gloss finish.

See Zoltan because...

1 His treatments reduce at-home styling time by at least half.

2 He makes hair more manageable, no matter the weather.



THE 'WEARABLE HAIR' GENIUS

Adam Reed

Adam does it all – colour, cut, style – to create the effortlessly chic hair of beauties like Diane Kruger and Sophie Dahl. He instinctively knows what works for each individual.

How to get the best out of your stylist

1 "Know your hair inside out, with all its limitations."
2 "Don't be a slave to trends; take hints, but find what works for you."
3 "Ask for something a little different every time and you'll see what best suits you, without falling into a rut."

Something you didn't know...

Adam is obsessed with fragrance and has 400-500 different scents.

...and another great all-rounder

Ollie Blackaby at Headmasters Brighton (headmasters.com; 0345 459 7730).



ADAM'S FAVOURITE LOOKS

Diane Kruger at the London premiere of *Inglourious Basterds* in July 2009



Sophie Dahl at the Louis Vuitton Maison after party in May 2010



ADAM'S KIT

Tecni Art Pli £13.49 L'Oréal Professionnel

Wonder Balm £18 Percy & Reed

Zoltan's top tips

DON'T "Bleach your hair before or after a treatment."
DO "Cut down on your use of heated appliances. You won't need them after a treatment. If you have to use them, stick to a hairdryer rather than irons as they don't get as hot."
DO "Use **Intense Conditioner For Moisture & Control** £44 Oribe at spacenk.com – it'll help maintain the shiny finish."

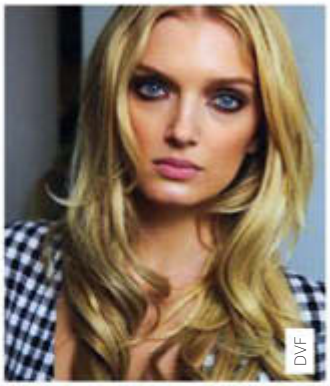
Something you didn't know...

"I've just returned from a six month sabbatical, travelling around India."

...and another great texture expert

Alfie Booth for KeraStraight at Trevor Sorbie Manchester (trevorsorbie.com; 0161 839 2255)





The blow-dry bar to book: SHOW Dry

From the queen of coiffed hair, Tamara Ecclestone's first stand-alone hair salon, SHOW Dry in Notting Hill, London, is *the* choice for blow-dry obsessives. Enjoy after-hours appointments, complimentary Champagne and nibbles, and they'll even book you an Uber. (showdry.com; 0333 006 8888)

...and 3 SALONS FOR GLOBETROTTERS

Chosen by our beauty team

PARIS

The most-in demand colourist in the world, Christophe Robin's salon is surprisingly cosy. And though you'll rub shoulders with top actresses and Paris *Vogue* editors, he will make you feel like the most important person there. He is my most precious beauty secret. (christophe-robin.com; 0033 140 200 283)
Alessandra Steinherr, Beauty Director

LA

Tracey Cunningham is the queen of blonde – just ask Cameron and Gwyneth – so her Mèche Salon is always my first port of call in LA. (mechesalonla.com; 001 310 278 8930)
Grace Timothy, Contributing Beauty Editor

NEW YORK

Serge Normant has to be the chicest salon in the world, but the real highlight is the super-sleek blow-dry that lasted the whole of New York Fashion Week! (sergenormant atjohnfrieda.com; 001-212 879 1000)
Sarah Jossel, Acting Deputy Beauty Editor

Photographs: Rex Features, Getty Images, WENN, Ashley Martin for GHD, Piers Macdonald, L'Oréal Paris, George Northwood using Pureology, Luke Hersheson for Daks. Still lifes: Jody Todd

SMOOTH-SKIN SAVIOURS

Summer hair removal – sorted. By **Grace Timothy**

BRIGHTON

IPL Underarm Hair Reduction at The Treatment Rooms, 21 New Road BN1 1UF (01273 818444; thetreatmentrooms.co.uk)**
IPL – destroying hair follicles with light – is perfect for banning underarm fuzz as it works best on darker hair.
Usual price from £67 per session

BRISTOL

Basic Bikini Hot Wax at Strip Wax Bar, Harvey Nichols Bristol, BS1 3BZ (0117 916 8864; stripwaxbar.com)
Oh-so-gentle wax will remove even the tiniest of hairs in a flash.
Usual price £23

CALNE

Apollo SC Multi Filter IPL Half Leg Hair Removal at Woman To Woman, 13 Church Street, Wiltshire SN11 0HU (01249 817497; womantowoman.info)**
The machine's chilled head cools skin as it zaps hair, making this a more comfy route to smooth legs.
Usual price £105 per session

CHICHESTER

IPL Bikini Hair Reduction at Posh Beauty Chichester, 3 St Peter's, West Sussex PO19 1ND (01243 538326; poshbeauty.co.uk)**
Your skin has to be assessed, but if suitable for IPL, you'll see the hairs shedding after a week.
Usual price from £65 per session



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EDINBURGH

Course of 6 IPL Half Leg Treatments at Beyond Medispa*, Second Floor, Harvey Nichols, 30-34 St Andrew Square**

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Photograph: Jason Lloyd-Evans. Still lifes: Jody Todd. *Please mention offer at time of booking and present these pages at the salon or spa on arrival. Unless otherwise stated, offers are subject to availability and certain restrictions, and are valid until August 9, 2015. **Offer applicable to one treatment. ***Client must visit Beyond Medispa for a complimentary patch test at least 48 hours prior to commencing course of treatment. ****Available Monday-Friday only

EH2 2AD (0131 524 8332; beyondmedispa.com)
A course of hair-zapping – one session every four weeks – will kick hair at each stage of growth.
Usual price £960 for 6 sessions

EXETER

Half Leg Wax at The Cove, 34 Bedford St, Devon EX1 1GJ (01392 420 598; thecove.co.uk)
The Cove's therapists are known for their attention to detail – no hair is left unplucked and a gentle after-wax lotion leaves you with that gorgeous leg shine.
Usual price from £20

GUILDFORD

Bikini Wax at Champneys, 194 High Street, Surrey GU1 3HZ (01483 455 850; champneys.com)
The top organic skincare ensures this is a quick, but gentle, wax – so all you're left with is happy, hair-free skin.
Usual price from £15

HELMSLEY

Full Leg Wax at The Feversham Arms Hotel & Verbena Spa, North Yorkshire YO62 5AG (01439 772 930; fevershamarmshotel.com)
A cream-based wax removes the hair without irritation, in only 30 minutes. Just think: smooth legs in your lunch-break.
Usual price £40

LONDON

Leg Wax at Bliss London, 60 Sloane Avenue SW3 3DD (020 7590 6146; blissworld.co.uk)
At Bliss, the special Poetic Wax formula is designed to grip the hair, not the skin, so there's less of a 'rip' sensation with each pull.
Usual price from £30

XXX Brazilian and Full Leg Wax at Ministry Of Waxing, 56 Neal Street, Covent Garden WC2H 9PA (020 7240 7004; ministryofwaxing.com)
If you're a nervous waxer, it'll be a comfort to know you get your own personal wax kit (top hygiene points) and an in-house medical specialist to advise on after-care.
Usual price £94

Laser Hair Removal: Full Legs at Premier Laser Clinic, 2 Wellington Terrace, Notting Hill W2 4LW (0203 6006 888; londonpremierlaser.co.uk)**
Once the laser has blasted every single hair, a cooling gel will soothe skin and within weeks you'll see a serious reduction in hair.
Usual price £249 per session

Summer Ready Package** at The Spa in Dolphin Square, Dolphin Square, Chichester Street SW1V 3LX (020 7798 6767; dolphinsquare.co.uk/spa)**
On day one you'll get a full leg, bikini and underarm wax, with a Hammam ritual, salt-infused steam and spray tan on day two.
Usual price £172

NEWMARKET

3 IPL Lower Leg Treatments at The Spa at Bedford Lodge Hotel, Bury Road, Suffolk CB8 7BX (01638 676130; bedfordlodgehotelspa.co.uk)
With just three sessions, you'll notice a major reduction in fuzz, and with another three, you won't have to worry about waxing again.
Usual price £350 for 3 treatments

ST ALBANS

Full Leg Wax at Champneys, 23 Market Place, Herts AL35DP (01727 864893; champneys.com)
It's no surprise that a skincare Mecca like Champneys would make sure their leg wax treatment also looks after your pins' complexion with gentle botanicals. Like a facial for your legs.
Usual price from £28

Your de-fuzz survival kit

BEFORE...

Exfoliating regularly will help prevent in-grown hairs. **Citrus Blush Salt Scrub** £12 champneys.com will also moisturise with shea butter, so your skin is wax-ready.



...and AFTER

Your skin may need a little TLC post-wax. **Sass Intimate Perfect Skin Concentrate** £12 boots.com is specially formulated to soothe, without upsetting the natural balance of the bikini area.



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Your ultimate health (and happiness) plan



It's truly the age of the super-fad – but what does our body *really* need to be properly healthy, long-term? **Anna Magee** breaks it down

A cursory Google search for 'healthy lifestyle' delivers a staggering 127 million choices. Even if you did have the better part of your adult life to sift through it all, so much would be conflicting, unproven or bogus that you shouldn't bother. Drink clay to lose weight? Pur-lease. To help cut the confusion, we've sieved through the research, the claims and all that BS to bring you what really works to preserve the health of your body and mind in the long run. From exercise to fertility, the following claims have passed stringent checks and proved their lasting effectiveness. Consider this your healthy pension plan – start paying into it now and be the healthiest, sparkiest version of yourself, for longer.

MEMORY

Get your blood pressure checked Not to scare the bejaysus out of you, but rates of dementia in the UK are set to increase by 156% over the next 38 years (by the time we get into the dementia-prone age group) as our life expectancy improves. Having high blood pressure, which can damage blood vessels in the brain, when you're young is a key risk factor in the development of dementia in later life, says Dr Clare Walton, research manager at the Alzheimer's Society. **DO THIS NOW** Drink some green tea before you exercise. Research published in *Molecular Nutrition & Food Research* found that mice who exercised after being given EGCG, a compound found in green tea, showed a remarkable improvement in their brain function and memory retention. Not a fan of its bitter taste? Try one of the new green tea hybrids with natural added flavouring. We love **Higher Living's Organic Green Tea Coconut** £4.99 hollandandbarrett.com.



EXERCISE

Move for 15 minutes a day 44% of Brits do no physical activity, according to a new report by the British Heart Foundation. But experts now say we don't need to spend hours in the gym. A study in Taiwan found that just 15 minutes of daily exercise (brisk walking or light jogging) could increase life span by three years. **DO THIS NOW** Need motivation? Kansas State University recently found that taking a small shot of beetroot juice two and a half to three hours before exercising boosted energy levels during exercise. "It contains nitrate, which converts in the body to nitric oxide and increases the supply of oxygen to working muscles," says Professor Andrew Jones, head of sport and health sciences at the University of Exeter. **Beet It shots** £1.40 sainsburys.co.uk contain an optimum serving of concentrated nitrate from beet juice. We've tried it pre-workout – and yep, it works. ▶

"Experts say we don't have to spend hours in the gym"

NUTRITION

Eat like a Greek Who *hasn't* heard that a Med diet is good for us? But this really is the one to get behind – far more so than any other diet or detox. Rich in fresh fish, fruit, vegetables, olives, olive oil, nuts and wholegrains, it could add 15 years to your life, says research in *The American Journal Of Clinical Nutrition*. In fact, scientists now believe it helps prevent the two most common causes of death in the UK – heart disease and cancer – and can lower your risk of Alzheimer's by 40%. For easy recipes, try *The Ultimate Mediterranean Diet Cookbook*. **DO THIS NOW** Make sure your fruit is fresh, not canned or frozen. A 2014 study by experts at University College London, who analysed the eating habits of 65,000 Brits over eight years, found that while those who ate seven or more servings of fruit and veg had a 42% lower chance of dying from all causes, those who ate canned and frozen fruit regularly had a higher risk of stroke, heart disease and cancer. Why? The sugary syrups in tinned fruit negate the health benefits.




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NEW
always ultra
always dailies

HAPPINESS



Try a little empathy Our overall happiness depends on our ability to feel what another person is feeling, in full Technicolour, say researchers from Stanford University. How to do it? Roman Krznaric, author of *Empathy: A Handbook For Revolution*, says, "Make an effort to step into other people's shoes (including your enemies') without making assumptions about them." Also, practise 'radical listening' – that's listening intently without interrupting or planning your next sentence, then showing your understanding by paraphrasing what they said, with questions. For example: "So, you're furious about me not feeding the dog every night, and want some support?" Being empathetic boosts social closeness and wellbeing.

DO THIS NOW Try the Positivity Ratio. Happiness researcher Barbara Fredrickson studied naturally happy people and found that if we had more positive emotions for every negative one, we could all increase our happiness. "People don't recognise the positive things in their everyday lives and the power they have to transform our mood," says Dr Rick Hanson, neuropsychologist and author of *Hardwiring Happiness*. From good news to a freshly made bed, focus on a positive experience, then sustain it. "Do it regularly and you'll hardwire your brain to feel more of these feelings on a daily basis," says Dr Hanson.

BONES

Squat, every day Almost half of Brits aged 35-60 say they have knee problems. But you can help prevent this in your twenties and thirties by strengthening the muscles that surround them. One study found that an eight-week programme of daily squats using only body weight strengthened knee muscles and decreased body fat. "Having a strong core can help your knees stay healthy and pain-free for longer," says chartered physiotherapist Sammy Margo.

DO THIS NOW Try the 30 Day Squat Challenge on women's health website healthista.com. It offers a five-minute workout video each day to strengthen the muscles around your knees while also helping you drop fat – all totally free. But be warned, it gets progressively harder.



SKIN

Eat tomato sauce and salsa Molecular biologist Professor Mark Birch-Machin found that eating around five tablespoons of processed tomato products each day could increase the skin's natural collagen production – and its own inbuilt protection against sunburn – by 33% in just 12 weeks. Obviously most of us won't manage that much daily, but every little helps. Interestingly, he says the effect was only seen when people ate cooked processed tomato foods such as ketchup or purée. "Processing made the lycopene, the active antioxidant ingredient, more bioavailable [meaning more could be absorbed] to the body," he says. Try new Mr Organic Italian Organic Tomato Purée, which contains only tomatoes, and the Great British Sauce Co.'s Proper Tomato Sauce, which is not as sweet as some ketchups (they can contain a teaspoon of sugar in just 15ml). Both available from Whole Foods Market.

"Eating tomato products can increase collagen"

DO THIS NOW Download the World UV app, developed by the British Association of Dermatologists to give you the UV rating in cities across the globe. You'll get a UV number, plus advice on whether protection is required. There's also a new generation of seriously high-protection sunscreen oils that give skin a glow with no film, including **La Roche Posay's Anthelios XL 50+ Protective Oil** £18 boots.com. ▶

FERTILITY

Have your thyroid tested Demand for private fertility treatment has more than doubled in the past year. But before booking tests at an expensive clinic, ask your GP to check your thyroid. One issue that could thwart your chances is an undiagnosed thyroid disorder, especially if you have family history of thyroid disease on the female side, says Dr Gillian Lockwood, a consultant in reproductive medicine and medical director of Midland Fertility Services. "The thyroid affects the pituitary gland, which is responsible for regulating sex hormones that are crucial to fertility," she explains. Good news is, thyroid issues are easily treated with medication.

"The best predictor of your menopause age is your mother's"

DO THIS NOW Ask your mum when she started the menopause. "There's a time frame in which women are at higher risk of having problems conceiving and that starts ten years before their menopause," explains Dr Lockwood. "The best predictor of your menopause age is your mother's." We also love fertility-boosting app Glow, which tracks ovulation, menstruation cycles and activity levels, and even tells you the foods you should be eating to maximise fertility.

ONE GENIUS GADGET

A landmark study from Cambridge University found that 20 minutes of walking could lower the risk of premature death by almost a third. Data junkies will love the **FitBit Charge HR** £119.99 boots.com – a fitness tracker that measures steps, calories, distance and more.



HORMONES

Up your iron You may associate lack of iron with tiredness, but one study found a diet rich in iron can also make you 30-40% less likely to develop PMS. "Iron is crucial to the production of serotonin, which regulates mood," says Rob Hobson, nutritionist and co-author of *The Detox Kitchen Bible*. "Women with PMS are thought to be more sensitive to progesterone, a hormone passed into the bloodstream from your ovaries after you ovulate. One effect appears to be the reduction of serotonin in the brain, which may lead to symptoms of PMS." We're often told to eat 'haem' sources of iron (ie meat, fish and poultry) but the benefits in this study were found only in women with high intakes of non-haem or plant sources, such as chickpeas, lentils, dark green veg, dried fruit, almonds and fortified cereal.

DO THIS NOW Women need 14.8mg of iron per day. This equals four tablespoons cooked lentils (4.5mg), four dried figs (4mg), 30g fortified bran flakes (6.5mg) and a tablespoon of hummus (1.5mg). If that's too much effort, try **Spatone iron supplements** £9.99 boots.com

2 WAYS TO PREVENT THE BIG KILLERS

1

Know your fats Heart disease is Britain's biggest killer of women, so it's important to cut your saturated and trans-fats down to 20g a day. Now, what about those good fats? "When using high-fat foods such as nuts and oils, don't forget the calories, as being overweight is a major risk factor for heart disease," explains Tracy Parker, heart health dietitian from the British Heart Foundation. With nuts, stick to two level teaspoons a day and with fat spreads and oils, no more than one teaspoon at each meal.

2

Get smart on salt This year the Stroke Association reported a 30% rise in women having strokes as early as their forties. High blood pressure raises risk and the best way you can maintain a healthy level is to eat less salt – no more than 6g per day. Check labels: a low-salt food is 0.3g per 100g and anything over 1.5g is high. And try the FoodSwitch app. The Saltswitch feature lets you scan a label and find out if its salt levels are too high – it even suggests alternatives. Genius.

Photographs: Getty Images, iStock, Plain Picture, Corbis, Gallery Stock

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At home with the HEMSLEYS

Melissa and Jasmine Hemsley, the queens of eating clean who got the nation spiralizing, invite GLAMOUR round for dinner (and a rummage through their cupboards, naturally).

By **Cass Chapman**

Melissa: dress by Issa; shoes by Aquazzura. Jasmine: top by Isabel Marant; skirt by Christopher Kane; shoes by Jimmy Choo



Melissa (far left) "We're actually in my flat today [Melissa lives here with boyfriend, DJ/art curator and consultant Henry Relph]. The lovely big table is perfect to write up recipes; it's an unofficial office as people are always dropping in, then staying to do work. Some of my friends who are starting up amazing, inspirational companies will come over spontaneously. They know there will always be food to eat, Pep-Up Tea to drink and good wi-fi!"



Melissa "Henry travels a lot for work and likes to bring back souvenirs. The large Russian doll was bought in Moscow **and the small ones are from Tokyo."**



Melissa "The Modernica chair sits in front of works by Wes Lang and Aurel Schmidt, and lots of framed family pictures."



Jasmine (left) "We started blogging for vogue.co.uk so people called us bloggers, which was funny because they didn't know we were cooking and coaching, too. We worked with so many people who were gymming it and eating low-calorie diets and thinking that was the way to go, but they were miserable."



Melissa "The 'Like' picture is by Mark Flood and is made of corrugated card. It was picked up by Henry at Art Basel." ▶

Photographs by **Chris Terry**

Melissa "I think Henry thinks I'm Kilner-jar obsessed [jars pictured below], but I love them. They're so handy because I bulk buy non-perishable ingredients for value, often sharing them with friends. What's more, when I can clearly see the ingredients, I'm far more likely to use them. They're great for smoothies and juices on the go, as well as layered salads and our ever-popular noodle pots."





Jasmine "You can make the noodles for our sesame chicken salad out of cucumbers [see below]. You can either use the Spiralizer or a julienne peeler. Or, if it's easier, you can literally just cut it into thin strips or press a bit harder with a peeler against the cucumber to get a similar effect."

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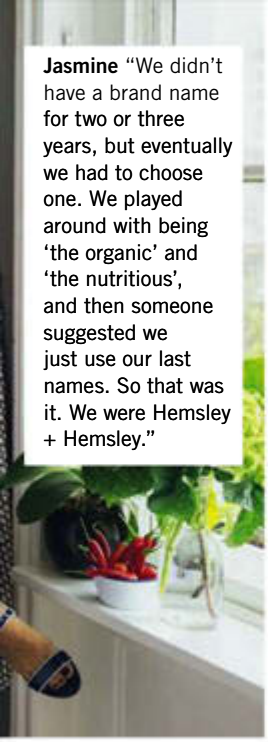


Melissa "The beaded skulls are from Our Exquisite Corpse in Mexico and the middle one is from Maxfield in LA. The lip print is by Terry Richardson."

Melissa "You cannot go wrong with cooking if you've got some lovely vegetables, garlic, some coconut oil to cook it up with and good spices. Try turmeric (a great pick-me-up for the whole system), cumin (excellent for immune support, skin disorders and aiding digestion) and cayenne, which has antifungal properties. Oregano is delicious with fish and tomatoes, and fennel seeds are a great source of vitamins and minerals. They're delicious in our Malaysian lentil and squash curry."



Jasmine "We didn't have a brand name for two or three years, but eventually we had to choose one. We played around with being 'the organic' and 'the nutritious', and then someone suggested we just use our last names. So that was it. We were Hemsley + Hemsley."



Hair: Jose at Myla And Davis. Make-up: Angela Davis Deacon at The Factory London. Styled by Lucy Walker. Melissa: dress by Marni. Jasmine: top and culottes both by Stella McCartney; shoes by Sandro. @henryrelph



Melissa "The kitchen is where the magic happens. It's small, but perfectly formed, with a huge window, and it's where I play and come up with new recipes. If we had to choose certain things we couldn't live without, they would be eggs, butter, miso and bone broth, which is at the heart of what we do."





Papaya and halloumi watercress salad

Jasmine "This is my hangover salad. I used to be a chilli con carne hangover girl, but I developed this with all my favourite flavours and started craving it. This also works well at BBQs and for vegetarians, too. There's no skill to it; you just throw it together and it looks beautiful with peppery watercress, the creamy avocado and the brown halloumi."

INGREDIENTS

For the salad

- 4 large handfuls of watercress
- A punnet of cherry or baby plum tomatoes, halved
- 1 red onion, finely sliced
- 2 large avocados, flesh scooped out and sliced
- A handful of pine nuts, or pumpkin or sunflower seeds
- ½ a large papaya
- 1tsp ghee
- 250g pack of halloumi, sliced 1cm thick (look for 100% sheep or goat's milk varieties of halloumi for a better flavour)
- Sea salt and black pepper

For the dressing

- 4tbsp extra virgin olive oil
- A squeeze of raw runny honey
- 1½tbsp apple cider vinegar or lime or lemon juice

METHOD

1. Snip the watercress into bite-sized pieces and arrange it over a large, flat serving dish.
2. Scatter the tomatoes, onion and avocado over the bed of watercress, and sprinkle over a touch of sea salt (not too much as the halloumi is salty).
3. Toast the pine nuts in a dry frying pan, then set aside.
4. Halve the papaya and scoop out the seeds (you can keep them to add to smoothies or salad dressings – they taste like radishes, so use sparingly). Using a large spoon, scoop out thick slivers of the papaya flesh and pile onto the salad.
5. Heat the ghee to a high temperature in a large frying pan and fry the halloumi slices in batches for about a minute on each side until each piece takes on a golden brown colour – keep your eye on them, too long and they toughen up. Lay the hot halloumi across the salad.
6. Sprinkle over the toasted pine nuts, drizzle with the olive oil, honey, vinegar or citrus juice and a good grinding of black pepper, then tuck in while the halloumi is still hot.

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10 AWKWARD work moments

By comedian **Jenny Collier**. Bring on the cringe



Photograph: Corbis

1 The Monday morning after Friday-night drinks where you ended up singing a rendition of *I Touch Myself* in front of your entire department.

2 Spending ages redrafting an email to someone really important, then hitting send and realising you forgot to add the attachment. Balls.

3 When a meeting involves free food and you're trying to take *another* croissant without anyone noticing.

4 Seeing your boss after a disturbing erotic dream the night before and thinking, 'Oh, God. Did they have the same dream? My boss has seen me naked. Doing things. Nooo!'

5 Trying to think of something to write in the leaving card of someone you can't wait to see the back of. 'I hope one day you find the right side of the bed to get out of'? Nah, better just put 'Good luck'.

6 Going into the loos at precisely the same time as someone else. Both of you trying to wee as quietly as possible.

7 When you catch your senior manager eyeing the stamp from last night's club on your shaking hand, as you mainline your fifth coffee of the morning.

8 The paranoia when you call in sick, even when you're genuinely at death's door. Is a cough overdoing it?

9 Introducing your workmates to your 'real' friends and having to remember who you've bitched about to whom.

10 Conference calls. "You go!" "No, sorry, I interup-" "It's just th-". Repeat times infinity.

Jenny Say Qua is at The Three Sisters in Edinburgh, August 6-30. jennycolliercomedy.com

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Fun and fashionable, and with fantastic fruity fragrances, the *beauticology:*™ FRUITS range from **Baylis & Harding** enlivens the daily beauty routine with mouth-watering blends to refresh and invigorate the skin. The two fragrance combinations included in this offer are **Coconut & Lime** – a tropical partnership made in heaven – and **Strawberry & Pomegranate**, which combines top notes of strawberry with a burst of refreshing pomegranate. The products include a gently exfoliating **Body Scrub** (250 ml), a refreshing and hydrating **Fragrance Mist** (100ml) and a moisturising **Hand Cream** (75ml).



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Glamour's Best Dressed...



ANJÉ is a women's contemporary collection that is quickly gaining traction in the market as an American-made, woman-owned powerhouse. From their charitable ways to their classic styles, we can see why. Visit their online store to find your next power outfit. Use code GLAMOUR at checkout for $100 off your next order at **www.anjeclothing.com/shop** until 31/08/15. Follow on social media **@anjeclothing** Photo: Alexa Koegel, Model: Annah Todd.



BLUE VELVET, the home of contemporary and Luxury footwear direct from the heart of Europe, always one step ahead, they have established themselves on their quality and first-rate service. Visit them at: 174 Kings Road, SW3 4UP, call **020 7376 7442** or visit them online at **www.bluevelvetshoes.com**





Ready to wear Luxury, Unique eye for detail. Afro Infused style. **INNOCENTE MESSY** symbolize all this and more with her beautiful handcrafted pieces inspired by her African heritage. She launched her first collection debut on 2nd June and the collection will be sold exclusively on her online store at **www.innocentemessy.com** Twitter: **@InnocenteMessy** Facebook: **www.facebook.com/InnocenteMessy Instagram.com/innocentemessy**



GRACIA is a young contemporary fashion company based in New York. They are known for their unique style that is all about the right silhouette and proportion to flatter every body type. Their look is a combination of edgy elegance with an international flair. Gracia is always evolving and reinventing new looks that makes a woman truly feel exquisite for any occasion. **www.shopgracia.com**

MELANGE MODE focuses on incorporating bold African fabrics and modern European fashion. All pieces are designed by Yvonne Ghyselinck Pearson, an African-European designer, inspired by the unification of these two diverse cultures through fashion. Shop her bold, beautiful summer prints at **www.shopmelangemode.com**





SYEDA AMERA, a young and determined fashion designer, has paved her way with intense willpower and hard work. She believes in creating something out of the box for her clientele which would give them distinctive and individual attire. She is fuelled with immense creative imagination and unique design sensibility. Her label includes prêt-a-porter, haute couture and bridals. With a current client list that includes women from Pakistan, UAE, United Kingdom and USA. Syeda Amera's next target market is Spain. **www.syedaamera.com 0092-333-1374962.**



KRYPTIK ROSE is an independent London streetwear brand offering bright and bold apparel and accessories for men and women. Available in a stunning range of unique prints, their high quality yet affordable graphic print tops are unlike any others in the market. To find out more visit **www.kryptikrose.com** Use code GLAMFAB15 for 15% off orders over £25 (expires (1/9/15).

Storm by **OYSBY** is an elegant re-designed classic style with a twist, enhanced with the signature OYSBY 'avant-garde' heel and a perfect glossy lipstick finish. Perfect for Summer celebrations and events. Why not tap into your inner Marilyn Monroe this season. Visit **www.oysby.com** or email **info@oysby.com** Follow them on Social Media **@OYSBY**



Advertisers should contact 020 7499 9080 ext. 3705

Queen Beach...





Dull prescription sunglasses are officially a thing of the past! **THE GLASSES BOX** offers beautifully crafted sunglasses and glasses with high quality prescription lenses at a fraction of the price of High Street stores. Pictured: Sasha Prescription Sunglasses – £49.99 – **www.TheGlassesBox.com**







WADROBE AT DAWNSUNFLOWER BOUTIQUE.
Photography: René Salvador, Models: Sasha Zimnitsky, Sabina Falchi, Lexi Cohen, Hairstylist: Lauryn Tyzbir, Make Up: Irene Mar MUA. Stylist: Nonna Klein **www.dawnsunflower.com**



COMFY CLOGS are handmade in Sweden and available in a range of the latest fun and funky styles and colours. Sizes for women and children. Perfect and practical for pregnant women and useful in the house and garden! Real skin Clogs available in a variety of styles. Call Cecilia on **07815 750340** or **020 8780 9767** for a brochure. Visit them at **www.comfyclogs.net**



DOLLBOXX is a bright, bold and fun Australian label. Founded by two young, summer and fitness enthusiasts with a strong passion for embracing the colourful side of life. Offering unique and colourful designs in bikinis, fitness and beachwear. All styles are designed in Sydney, Australia. You can follow the Dollboxx hype on Instagram **@dollboxx** and shop the bright, fun range at **www.dollboxx.com**

YIREH is a fashion brand inspired by a love for travel + the ocean, designed to empower and encourage, created by a full-circle-movement. Pictured is the Mita Dress in Indigo $70 available on **ShopYireh.com** Photo by Rhema Jaime, Model Michelle Vawer.



Shimmer This Summer...





1. ART MASTERS JEWELRY Designer Gnel Karapetyan. Elegant, luxurious and rich, the new Modern Antique 14K White Gold 3.0 Carat Alexandrite Diamond Solitaire Wedding Ring evokes glamour and style, is sure to please the most discriminating feminine taste. Product Code: R514-14KWGDAL Price: $1,799. Visit **www.ArtMastersJewelry.com** or email **ArtMastersJewelry@gmail.com**
2. MACABRE GADGETS is inspired by the infernal aesthetic, inherent by the worldview of mankind at all times, epochs and styles, from the early Middle Ages to the progressive postmodernism. Concept of jewels is embodied by cutting-edge and traditional fine jewelry execution techniques and materials. Contact **macabregadgets@gmail.com**







3. A Day in Greece with **TARADISE.** Mati Collection. **www.shoptaradise.com**
4. JFG DESIGNS JEWELLERY. Look stunning in this luxury jewellery line by Canadian designer Jules Frkovich. Sparkling gems made with golden shadow Swarovski crystal in 14kt gold filled, carefully handcrafted to suit your personal style. Jewellery that makes any woman look glamorous! Shop at **www.jfgdesigns.ca**
5. LUXURY IN SAFARI. Introducing Safari Beads, This one of a kind bracelet is the latest addition to the HVS Accessories collection featuring combined Agate Beads, wood and gemstones combined to create a simple, yet elegant bracelet. Email **info@hvsdeluxe.com** visit **www.hvsdeluxe.com** IG **@hvsdeluxe** Prices start from $45 USD.

6. TRIBE JEWELRY Designer Sarah Lewis finds inspiration in her travels and in the natural materials she uses to craft her collection: crystals, stones, silver, gold, and bronze. Fashion trends are applied, but in unique ways, staying true to her modern bohemian aesthetic. Displayed here: The Turquoise Chevron Ring, Labradorite Crescent Moons Ring, and the Smokey Quartz Yantra Ring, all in sterling silver. Shop the collection on **Tribe-Jewelry.com**

7. The Daphne Signature Silver from **DU MAURIER WATCHES** is now available on this fabulous hot pink strap. Be bold this summer and team one of their limited edition, Swiss made beauties with a bright splash of pink! Also available on pastel pink, blue, red and black straps. Daphne Signature £440. See the full collection at **www.dumaurierwatches.com** or call **0845 519 3074**.

8. IRIDESCENCE is vintage inspired, beautiful and affordable–online boutique and party plan, new party planners required to join. Their Angel Wings statement necklace is an asymmetric design in antique silver with sparkling grey stone feature £22.
www.iridescence.co.uk/product/angel-wings-statement-necklace-2/

9. PERSONALISED INITIAL BRACELET BY MERCI MAMAN (From £19). This lovely and affordable piece will be engraved by hand with the initials of your choice in their London workshop. (Up to 3 letters on each charm). The team at Merci Maman will handcraft your bracelet within only a couple of days and they will gift wrap it in their signature box. Available in both sterling silver and gold plated, the braid colour can be chosen from a choice of 24. For more information, visit **www.mercimamanboutique.com** or call **020 7731 1377**.

10. These 3-inch statement earrings by **TAYLOR-MOSELEY** are made with iridescent labradorite and faceted green Chrysophrase gemstones. Each piece in the collection is customizable! You can select from endless gemstone options and choose 14k Gold Filled, Sterling Silver, or Oxidized Silver. Enjoy 20% OFF – coupon code GLAM2015, expires Dec 31st 2015. Prices range $54-$550.
Visit **www.taylormoseley.com**

11. MALVENSKY, by Romanian designer and owner Malvina Cservenschi, designs timeless jewelry made of gold and diamonds. She translates desires and wishes into reality with her unique sense of style and empathy. Seen here is the Angel of LOVE Collection, a collection that speaks about the powerful feelings of protection, affection and exclusivity we share with the people we love. The Angels of LOVE have one mission: to protect us and our wishes, so make sure you keep them close to your heart. Discover all collections on **www.malvensky.com**

12. Who has the key to your heart? Amia, a double heart padlock necklace in two-tone rose gold and sterling silver from the designers at **KIT HEATH**. Intertwined and fanciful flows of sterling silver and rose gold that are vintage inspired. Every piece of Kit Heath jewellery comes with a luxurious branded gift box and bag. RRP £60. Call **01271 312029** or visit **www.kitheath.com**

13. ADEN AND CLAIRE JEWELRY offers simple delicate and personalized styles inspired by a mix of classic vintage fashion and modern simplicity. Jewelry is designed and handmade by Claire Sentell Coker near Nashville, Tennessee using high quality materials including sterling silver and gold filled materials, swarovski crystals, gemstones, glass beads, and freshwater pearls. Website: **www.adenandclaire.etsy.com** instagram: **@adenandclaire**

14. TEHILA DESIGNS. The Foil Brunch Rhodolite pendant from the "Foil Brunch" collection is handmade using sterling silver wire, inspired by creases found in used foil. Designs are inspired by circular, organic and inanimate forms as well as ancient techniques giving them a modern twist by using traditional benchmaking techniques comprising of sterling silver, elements of 18ct gold and semi-precious gemstones. Visit **www.tehiladesigns.com** call **07950 350035** or email **veronica@tehiladesigns.com**

15. COMFY CLOGS. Swedish samibracelets have finally arrived in London! The incredibly popular bracelets you can see on many stars today, are made of reindeer leather with silver and pewter thread with an antler button. Sizes for children, women and men. Visit **www.comfyclogs.net** or call Cecilia on **07815 750340** or **020 8780 9767** to find out more.

16. This stunning handmade silver Dreamcatcher Bracelet Stack from **LOVE LILY ROSE** is the perfect summer accessory. Layer with more jewellery from the Essentia Collection at **www.lovelilyrose.co.uk** for ultimate boho-chic. Call **07711 989563** or shop online with 10% off using exclusive code 'Glamour'. Ends 31st August 2015.

17. LOVE NATALIE sell beautiful jewellery made using Sterling Silver, Swarovski elements, freshwater pearls and gemstones. Pictured is a beautiful rose gold set of earrings and bangle set with opal Swarovski crystals. To see more, visit **www.lovenataliejewellery.com** or **www.facebook.com/withlovenatalie**

18. DARLING CHERIE. This is the exclusive Melrose bangle. Every single model is handcrafted exclusively for each of our beloved clients by the savoir-faire of their Swiss craftsman. Available in solid silver, or plated with white, yellow or rose gold. 100% Swiss Made and Vegan.
www.darlingcheriejewellery.com/

Advertisers should contact 020 7499 9080 ext. 3705

Tiny Trends…







1. LILI COLLECTION makes fun unique handcrafted shoes and purses in NYC. The home of the Sprinkle Shoe and Animoccs which have become quite the trend in the US. Although they make all their shoes in NYC, they ship all over the world. Visit **www.lilicollection.com** or email **lilicollectionshoes@gmail.com** Code: Glamour20 for 20% off your purchase until 1st September 2015.

2. CHLOE & TATUM. For the love of all things luxurious and lovely, meet Chloe & Tatum, a luxury brand that delivers high quality, high fashion pieces to only the most fashionable girls ages 2–8. Luxe Fashion For Your Little Lady. Shop Chloe & Tatum online now at **www.shopchloetatum.com** (Photography: Dyan Kethley Photography).

3. HEY BABY is a children's boutique focused on the highest quality kids clothing, shoes and accessories, award winning children's carriers and high chairs. They help making parenting that bit easier. Official stockists of Stokke, Tripp Trapp high chairs, Ergo baby carriers, Mountain Buggy and Frugi clothing. Visit **www.heybabyshop.co.uk**







4. Looking to dress your child in something classic and fresh? Look no further. **WREN & JAMES** are a vintage inspired clothing line with a modern sensibility. Their attention to detail means clothes that age with grace. Their latest line, featuring exclusive patterns by My Little Belleville, comes out this month. Visit **www.wrenandjames.com/**

5. EVERSEW BEAUTIFUL creates handmade stylish and comfortable clothing for boys and girls. Believing children can be bold and stylish, this brand offers quality trends for your child. Visit **www.eversewbeautiful.bigcartel.com** or call **07772 334040**.

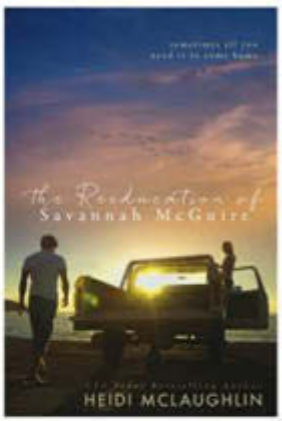
6. AUTUMN ARROW 100% Leather Baby Moccasins. Available in sizes 0 – 2 years and a great range of colours. Get your kid's new kicks for summer from Australia's hottest new kids brand **www.autumnarrow.com** with worldwide shipping.

Glamour's Library…



MY KIND OF FOREVER by **HEIDI MCLAUGHLIN**

Liam Page knows music and a life of solitude, but that all changed when he returned to Beaumont. The once notorious bad boy lead singer of 4225 West is now living the domesticated life with his wife and high school sweetheart, Josie, and their son, Noah. Life is good for the Westbury family, until Liam is called back to Los Angeles and the place where it all started for him. Liam and Josie's story continues in this last installment of The Beaumont Series.
heidi@heidimclaughlin.com
https://www.facebook.com/HeidiMcLaughlinAuthor



THE REEDUCATION OF SAVANNAH MCGUIRE by **HEIDI MCLAUGHLIN**

Coming home was never an option for Savannah McGuire and now that she has, leaving is just as hard. Falling in love with Tyler King was the last thing she expected.
heidi@heidimclaughlin.com
www.facebook.com/HeidiMcLaughlinAuthor



HOUSE ON PLUNKETT STREET by **LORENA B**

Phoebe Bertram's job is boring, her boyfriend's a dud, and now she has to move. But in her new place in the House on Plunkett Street she never expects the three ghosts who arrive to help her see how life is truly meant to be lived.
www.lorenabbooks.com



PRIVATE AIR by **BILLIE BATES**

When Sienna Harris gets hired as flight-crew for a Saudi private jet, she thinks she's hit the glam-job jackpot. But with a weight-obsessed chief-stewardess, a playboy prince, and a handsome captain who could charm the knickers off a nun, the proverbial desert oasis might turn out to be more of a muddy puddle.
www.billiebates.com/



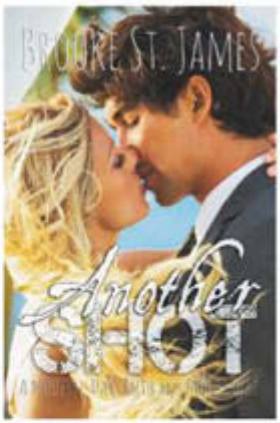
NERO by **SARAH BRIANNE** is the king of Legacy Prep, living a life of power. Elle is the school's punching bag, living a life of fear. The only good girls Nero knows jump in his bed when he tells them to. The closest Elle has come to a bad boy like him is in the cafeteria line. The mob boss gave him orders to find out what she knows. Her mouth is sealed. Nero is the first book in Sarah Brianne's Made Men series, find out more here **www.facebook.com/AuthorSarahBrianne**



CONTRACTED LOVE by **JESSICA WOOD**
A provocative and sexy page-turner about a case of mistaken identity and a twist of fate that brought Audrey and Evan together in a night of passion. But what happened next was something neither one of them could have predicted. Evan made Audrey an offer she couldn't refuse: Marry him for six months in exchange for one million dollars. But when it was time for the annulment, were they ready to let go or had they found love beyond the contract? Visit **www.facebook.com/jessicawoodauthor** or **www.jessicawoodauthor.com**



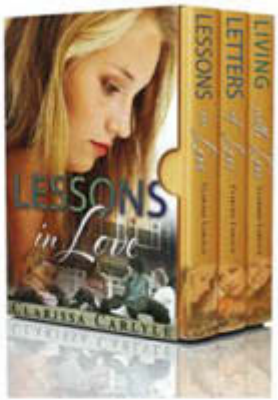
I KNEW YOU WERE TROUBLE
Looking for a great holiday read? Bestselling author **PAIGE TOON**'s new novel is packed with sunshine and Hollywood sparkle. Daughter of a rock legend, Jessie is trying to readjust to her old life after spending the summer living it up in LA, but it's not that easy. Out on 30th July!
@paigetoonauthor
www.paigetoon.com



ANOTHER SHOT by **BROOKE ST. JAMES**
The classic biblical story of Ruth and Boaz gets a modern facelift in this charming novella where heartache is overcome by faith and hope. When 23 year-old Rae suddenly loses her husband, she follows her mother-in-law on an unexpected journey. This sweet, romantic story beautifully parallels the timeless tale we know and love.
brookesaintjames@gmail.com
@Brooke_StJames



BET ON US by **RACHEL HIGGINSON**
Bet on Us is a fun, college love story. After her roommate steals her furniture and her identity, Ellie inherits a huge debt she never owed to the most intimidating man on campus. Except he's more interested in her than her money. Find out more at
www.rachelhigginson.com

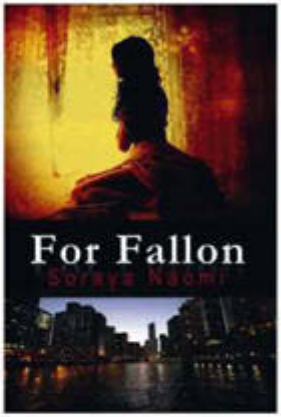


A New Adult Romance trilogy by **CLARISSA CARLYLE**. Book 1 is FREE for a LIMITED TIME. High school cheerleader Alex Heron is pretty, blonde and popular. Alex seems to have it all, but she's hiding a dark secret from her past that threatens to destroy her future. Only the handsome new math teacher can see past Alex's façade to the real girl hiding inside. He wants to help Alex overcome her past, but will their developing feelings for each other get in the way?
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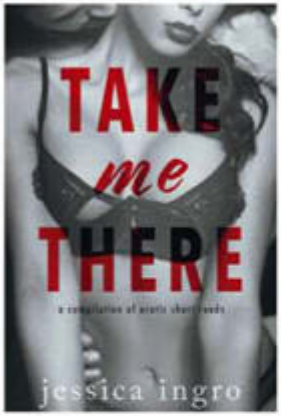
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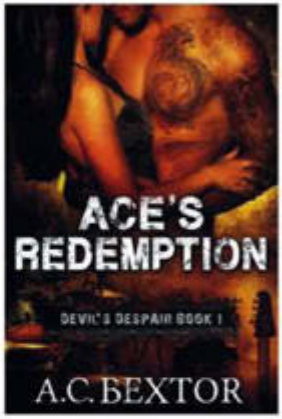
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www.jilliandodd.net



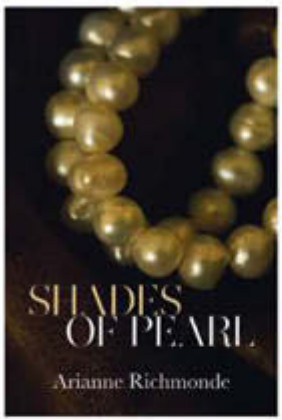
FOR FALLON (Chicago Syndicate, 1) by Amazon Bestselling author **SORAYA NAOMI** – Meet the killer alpha men from the most powerful Chicagoan Cosa Nostra in this first installment. Love, lies, and betrayal poison the relationship between underboss Luca and civilian Fallon. Nothing is what it seems in this passionate love story.
sorayanaomi.com



From the author of Love, Your Concierge and Love Square comes a collection of short and steamy reads perfect for the beach this summer. With ***TAKE ME THERE*** by **JESSICA INGRO**, you can dive into a torrid love affair, get swept away in a second chance at true love, and beat the heat with a beautiful stranger. Find out more at **www.jessicaingro.com**



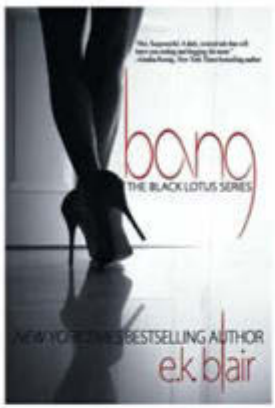
Ace knows loss. After leaving a painful past behind him, he soon learns that a broken spirit can be restored. Cherry knows the agony of despair. After running from a past that haunts her, she's racing toward the freedom she's always longed to have. As friendship turns to passion, and passion turns to love, their heartbreaking story unfolds. ***ACE'S REDEMPTION*** by **A.C. BEXTOR** is one of second chances and those willing to fight for them. Cover Design by Melody Simmons
www.acbextor.com



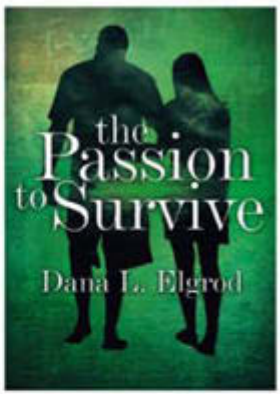
SHADES OF PEARL by **ARIANNE RICHMONDE** 40-year-old documentary producer Pearl Robinson, divorced and single, hasn't dated in years. When she meets French social media billionaire Alexandre Chevalier she's blown away by her attraction to a man fifteen years her junior. A passionate affair begins, but will jealous family members and dark secrets destroy them? The perfect summer read for Fifty Shades of Grey and Bared To You fans.
www.ariannerichmonde.com



PRETENDING SHE'S MINE, book 5 in **STACEY MOSTELLER'S** Nashville Nights series, and conclusion to *Pretending He's You* is LIVE! Will Livvie end up with nice guy Emmett or bad boy Tyler? Find out her final choice in this angsty page turner. For more information visit
www.staceymosteller.net



#1 Bestselling Erotic Thriller ***BANG*** by **E.K. BLAIR** is one of the most talked about books of the year, quickly earning E.K. Blair acclaim for her ability to weave a dark, twisted tale of revenge that will keep you on the edge of your seat till the last word. It's sexy, lustful, and deceitful. *"They say when you take revenge against another you lose a part of your innocence. But I'm not innocent. I'm ready to take back what was always meant to be mine. Every plan has a fatal flaw though. Sometimes it's the heart."*
www.ekblair.com



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From New York Times bestselling author **SKYE WARREN** comes a forbidden romance about pain that binds us together... Five years ago we lived in the same house. He was the ultimate bad boy. And my foster brother. Now he's back – and angry, because I was the one who sent him away. He wants his pound of flesh, and I am helpless to say no.
"***BETTER WHEN IT HURTS*** *is an intense and heartbreakingly beautiful story."* – Jenika Snow, USA Today bestselling author.
www.skyewarren.com/



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From NY Times bestselling author, Cali MacKay, ***SEDUCTION AND SURRENDER*** – Book 1 in The Billionaire's Temptation Series, is FREE as an ebook and makes a great gift as a paperback. Emma and Quinn put it all on the line in this story of seduction and love, sex and passion. Available through major online book venues and online. To find out more, visit **www.calimackay.com**



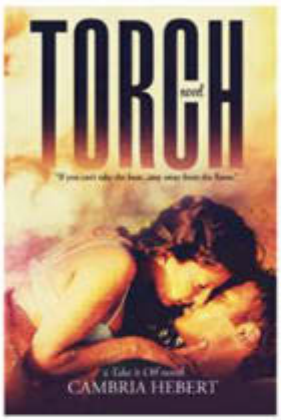
IRREVOCABLE by **SKYE CALLAHAN**
"They stripped me of my life but never my will to survive." When Silver wakes in the basement of a strange building, her captor gives her one choice: choose to die or fight to live. As secrets are revealed, blood is spilled, and romance blooms in the most unlikely situation, Silver is faced with the realization that the way to escape is to descend into the darkness surrounding her.
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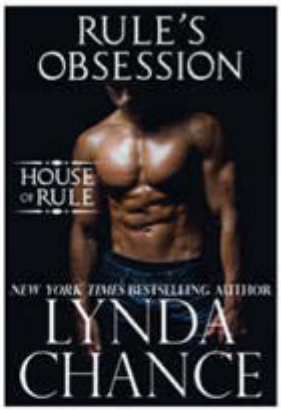
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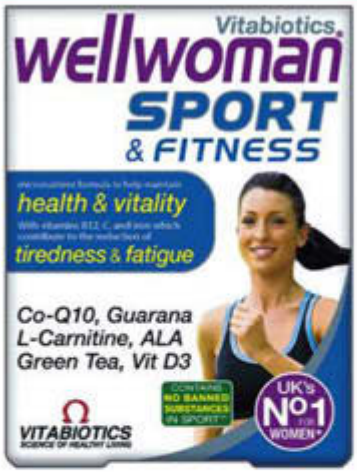
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Jo's Journal

What I got up to in one *seriously* busy Women of the Year week



Usually, in the wake of the epic organisation of the GLAMOUR Women of the Year Awards, and the ensuing hangover and emotional exhaustion, I hibernate on my couch, head-first in a curry. For about eight days. This year was different. It was quite a week.



TUESDAY

You've seen the party pictures. My table mates, Amy Schumer and Ellie Kemper, were exactly how you'd want them to be. Witty, funny, full of gossip. Amy would only take a picture with me if I promised to pull a stupid face. Nailed that.





WEDNESDAY

It was straight back into work to write and design the cover of this issue you're holding. Then, through a hangover haze, we hosted a screening of Amy Schumer's film *Trainwreck* for those GLAMOUR readers who were quick enough to apply for tickets. After the screening, we were entertained with a Q&A with Amy, hosted by fellow GLAMOUR award winner Caitlin Moran. We learned that Amy wrote Daniel Radcliffe's cameo (as the star of a ridiculous art-house film) with Joaquin Phoenix in mind. But when you see it, you'll agree Radcliffe is genius. And you ARE seeing it, right? It's superb, and out on August 14. Don't miss out.



THURSDAY

Another full day at work, followed by hosting a women's networking event at the Kate Spade store in Sloane Square, London. We swapped stories of success and those moments where we all need to hide in the loos. Everyone does that sometimes, right? Not just me? Anyone?

FRIDAY

First up was interviewing Judy Murray. She's such an inspiration and I'm excited to share her thoughts on success with you, in *When Jo Met…* on GLAMOUR.com. I love what she says about feeling the nerves and doing it anyway. Check it out.



By the evening, and the end of a long week, I couldn't take any more Champagne. Well, maybe one. Or two. It was William Banks-Blaney, aka WilliamVintage's summer party at Claridge's. To my delight, plenty of people who'd been at the GLAMOUR Awards were there. So a good gossip was had with Fearne Cotton, Grace Woodward and Gizzi Erskine, to name a few. Plus, this happened when Helena Bonham Carter insisted on posing as a mannequin in Dior for her friend, William.





SATURDAY

Face down. In curry. Mysteriously, I have no pics of that to show you.

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